



MOVEMENT & MINDFULNESS
ONLINE
ALL LEVELS
ALL BODIES
ALL IDENTITIES

A SAFE AND SUPPORTIVE ONLINE SPACE TO PRACTICE
MOVEMENT, MINDFULNESS AND STRESS REDUCTION
WHILE CONNECTING WITH COMMUNITY.

NO MAT OR SPECIAL EQUIPMENT REQUIRED.

FABULOUS OUTFITS ENCOURAGED.

PRESENTED BY

CLEAR
HEALTH ALLIANCE

 **pridelines**
Serving South Florida's LGBTQ community since 1982



MONDAYS
5:30PM



FaceBook Live

FOR INFORMATION
OSCAR@PRIDELINES.ORG

www.Pridelines.org