

Free **Breakfast and Speaker!**

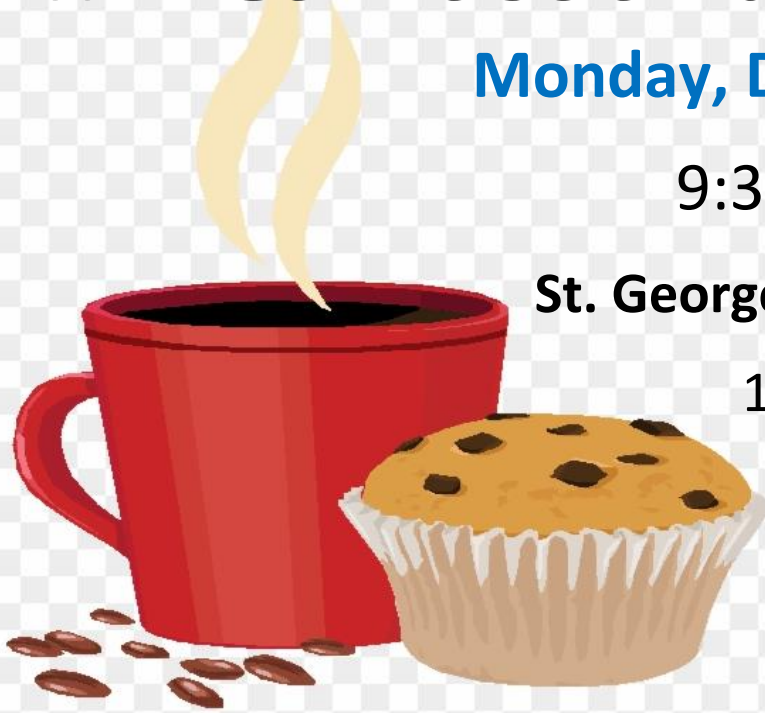
Monday, December 4

9:30am

St. George's Anglican Church

159 Church Street

Echo Bay



Enjoy warm & cold
“finger food” items

coffee, tea, juice, and conversation with friends!

Busy?

Tired?

Stressed?

Join yoga instructor and entrepreneur,
Ana Rawn, for a few tips and strategies
to make life feel a little more relaxing.

No breakfast on January 1st. See you in February...