



# The Town of Stony Point Presents

## *A Summer Wellness Offerings*

*With Lonnie June*

*Chair Yoga*

*Mondays 10-11am@ RHO Building  
5 Clubhouse Lane*

*Meditation walks*

*at Eccher Park  
Wednesdays@ 8:30-9:15am*

*Gentle Yoga*

*Thursdays 6:30-7:30pm @ Eccher Park*

*All are welcome. Donations are appreciated.*

*RHO Building*

*5 Clubhouse Lane*

*For more information call the*

*Recreation Department at [845.947.5261](tel:845.947.5261)*

*or email*

*[knigro@townofstonypoint.org](mailto:knigro@townofstonypoint.org)*