

All are welcome to attend
Summer Spirit...Cool & Calm

Sunday, June 14th from 9:00 AM to 10:00 AM

Saint Mary's of the Lake Parish Center, 10 West Austin Street, Skaneateles NY

Please mark your calendars as we gather together, meet old and new friends and praise God with both our mind and body as we exercise and reflect on God's Word.

Patti Dowd is the Class Instructor. Using scripture and gentle youg moves she will take our minds and our bodies off to a calm, cool and composed summer start!

In addition to being a parishioner of St. mary's of the Lake, Patti is also a fitness trainer at Binghamton University and holds a BS in Health from Excelsior College along with numerous certifications.



For more information and to register please contact the parish office at 685-5083