

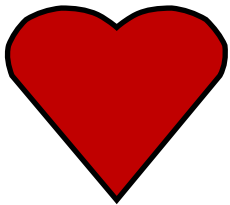
Council of Catholic Women (CCW) invites you to our

Yoga Morning Boost

with Annette Fragale

& February Business Meeting

Saturday, February 10, 9:00am in Garvey Hall



*Show yourself a little love, get moving and
cure some of that Cabin Fever you may be feeling about now!*

*We'll catch up with each other and
find out what's in store for the CCW as 2018 gets started!*

Annette Fragale has been teaching yoga for 20 years. She also teaches line dancing and Pilates...all through Community Education.

She has a local access tv show called "*Yoga on the Go*". Annette is also a comedian and magician.

In her "spare time" she is a mom and grand mom to 5 children, 11 grandchildren and 9 great grandchildren.



As we continue our "Year of Wellness" theme we sincerely hope you will join us for a morning of friendship, CCW activity planning, and some fresh ideas for staying healthy in mind, body and spirit in the amazing new year!! Oh and some good food as well! Yum!