

L.E.T.S Wellness Series

+ BUILD STRENGTH & + MOBILITY & REDUCE CHRONIC PAIN

July 26, 9:00 - 11:30 am

 **LED BY GUEST CORRECTIVE EXERCISE
SPECIALIST, LUKE CROWSON, @SCULPTLU
&
TI-YOGA INSTRUCTOR, EMMA HERTZBERG**

**FREE FOR VETERANS & SERVICE MEMBERS
OUTDOOR EVENT IN GAITHERSBURG, MD
TO REGISTER, EMAIL
LEILA@LIFELINEHORSERESCUE.ORG**

