

JOIN US FOR

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# SOULCORE

SoulCore is movement born from the desire to nourish body AND soul through prayer and core strengthening, functional exercises.

## **TRADITIONAL**

2/25 & 3/18 @ 4 pm in Parish Hall

## **MOMMY & ME (BABIES/YOUNG CHILDREN AND THEIR CAREGIVERS)**

3/28 @ 11 am in Parish Hall

