



*We change how you live, not where you live.*

Please Join us For  
**Yoga and Yogurt**

**A Third Thursday Open House Activity**

*with focus on strengthening, invigorating and relaxing your body. Led by Marina E. Haksteen, yoga instructor with 35 years experience*

**OCTOBER 21ST**

**330 Windsor Avenue, Windsor, CT 06095**

**5:00 PM to 6:30 PM**

*Please RSVP by Tuesday, October 19th at (860) 547-0251*

**Windsor's Adult Day Center - The Caring Connection**

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