

Wellness Opportunities at MLC



Starting April 22: Join Bev Gray for an all-levels yoga class in the Chapel at Mt. Lebanon Christian Church, Tuesday evenings, 7:00-8:15 and Saturday mornings, 9:30-10:45. Start where you are! Bring your own mat. For more info, visit <https://yogawithbev.netlify.app/>



Through May 19 and beginning again in September: Join Janet Tant for Slow Evening Gentle Flow class Monday evenings, 7:00-8:15. For more info, visit <https://www.janettantyoga.com/>