

*Hello From the Studios!*

This coming week at the  
Studios Dec 30th - Jan 4th

HAPPY

NEW

2025



CMHA Learning Studios &  
Hudson Thrift Shoppe  
will be closed on

**Wed, Jan 1, for New Year's Day.**

We will reopen on Thurs, Jan 2.

Wishing everyone a fantastic New  
Year!

## SOCIAL REC YOGA



WHERE : GRATITUDE YOGA

TIME: 12:00 PM

DATES: JAN 7, 14 & 21  
FEB 4, 11 & 18

*Please meet at the CMHA studio by 11:30 AM or 11:45 AM at  
Gratitude Yoga.*

*Late entries cannot be accommodated.*

*Sign-up is mandatory—call 778-946-0207 or visit us in person.*





Join us for

## Wellness Wednesday

Time : 10:00am - 11:00 am

Location : CMHA Studios

Jan 8 & 22- Laughing Yoga With Iva Clark

Jan 15 & 29- Guided Meditation With Caley

Sign up is mandatory; Please contact  
778 946 0207 or stop in person.

