

# Spring “Tune-Up”

## 6 week wellness series



Journaling & Meditation  
Yoga  
Self-Massage & Reiki  
Nutrition & Diet  
Organizing & De-Cluttering  
Brain Health & Humor

*Are you feeling the post-winter  
blahs? Need an all-around tune-up?  
Join us Friday evenings and launch  
into the weekend feeling great!*

**Friday evenings, 6-7:30 pm**

**April 15 - May 20**

**First Congregational Church  
219 North Granby Road**

**Cost: \$75**

**TO REGISTER or for more information:  
call or text Heather at 860-819-1528**



**First Congregational  
Church of Granby**

219 North Granby Road, Granby CT 06035  
860-653-4537 · firstchurchgranby.org

