

Bones-n-Balance Workshop

Who: All God's Children with Bones 

@ NSBC/Ward 4/All of DC       

What: Good info on your Bone  health,

@ any age               

Why: Our 206  s need , for a Lifetime, too!

        

When: Tuesday, October 31, 2023,

   11:00 AM until 12:30 PM   

Where: Nineteenth Street Baptist Church

Wyatt Fellowship Hall

4606-16th St, NW, WDC 20011

Refreshments: Good Snacks, for Good Bones 

             

Please come and Join Us! 

                    

RSVP: Ama Lee,
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