



Yoga Classes continue

Monday & Wednesday

3:30 p.m.—4:30 p.m.

HPE Music Room

If you need child care, please let  
Debby Webster know.

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**Resistance Training**

**Tuesday and Thursday**

6:15 a.m. to 7:15 a.m.

If you want to be added to the morning  
text, text Debby at 360-431-4772.

If you want to start earlier than 6:15 let  
Andrew Perri know the day before.

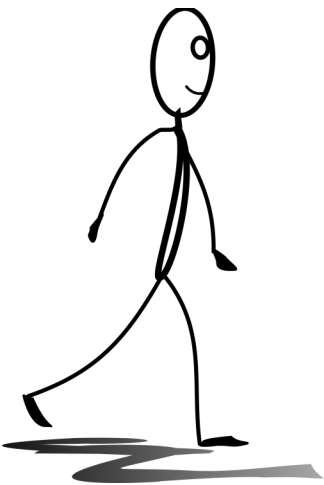
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**Walking Group:**

Look for Leora or Charlie Newton

Meet in the commons at 3:30 on Wednesday  
Explore our beautiful campus during the nice  
weather and inside during the rainy season.



Great time to talk it out and walk it out.