



# Yoga Session

Yoga Session by Dionne Monsanto

**Thursday, June 11 • 12-1:30 p.m.**

## ZOOM Webinar

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This *Live Your Life* community event  
is made possible with support from

**New York City Council Member**  
**Alicka Ampry-Samuel**  
**41<sup>st</sup> District, Brooklyn**

*This event is FREE  
and open to the public.*

Amida Care is committed to promoting positive socialization and health education via *Live Your Life* events. To that end, we expect staff to treat members in a consistent, professional and respectful/courteous manner. We expect members to enjoy the event, display mutual respect for peers, and staff, and refrain from disruptive behavior, including the use of foul or abusive language. For the safety of all, non-adherence to these expectations will result in removal from the event.

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