

The  
**YogaShop**  
LivFree Power®

**DODGE  
BALL**

On November 10, The Yoga Shop will be participating in a first annual dodgeball tournament. Hosted by Project Courage and taking donations for the SSKP, The Shop will be collecting nonperishable food items for the event!

**LETS DO THIS!!**

The Shoreline  
**Soup Kitchens  
& Pantries**



Items can be brought to The Shop where a box for donations will be located.

**WANT TO COME CHEER US ON???**

The tournament will be held at The Valley Shore YMCA in Westbrook at 6:30pm



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



PROJECT  
**COURAGE**  
SUBSTANCE ABUSE RECOVERY CENTER