

Harmony Fest

MUSIC, MOVEMENT,
AND FAMILY FUN



IMAGINE A DAY FREE FROM STRESS

Take a deep breath. This day exists for you...

Find relaxation and rejuvenation with a community that encourages well-being.

- Calm your mind with yoga
- Enjoy fitness activities to relieve stress
- Try Flag Dancing
- Break a sweat with Zumba
- Connect with new friends
- Delight in fun activities for kids
- Savor healthy snacks

**Sat., March 9, 2024
10 a.m. – 1 p.m.**

**First United Methodist Church
1201 Main Street
Bastrop, TX 78602**



Scan the QR code to let us know you're coming.
Questions? Call Mary,
512-296-0859

Everyone is welcome.

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Hogg Foundation
for Mental Health



FUMC Wesley Nurse