



Yoga with Traci at 10:00 am.

Free giveaways, healthy snacks and more!

Bring your yoga mat or beach towel for these FREE classes led by certified Yoga and Zumba instructors. The event will feature vendors, free giveaways and healthy snacks to get you in the mood to exercise. Mindfulness in the Plaza hopes to bring attention to the need to be healthy and active, even during the summer season! You can join us at 40 Station Drive, Wyandanch, NY 11798! For more information or to RSVP contact: Community Relations Director, Lasheca Lewis at (631) 957-2087 or lewisl@nyassembly.gov.



Zumbawith Maria at 11:00 am.











