

# Pelham Girl Scouts SU 731 presents



## A Community Day for all Health, Wellness & Safety Saturday, March 11th, 2023

**Free Self-Defense 11:30am & 12:30pm**  
**Free Therapeutic Arts activities @ Daranco Townhouse**

**SELF DEFENSE WITH TROOP 1561  
AT THE DARANCO TOWNHOUSE  
ALL AGES & FREE  
11:30-12:15 & 12:30-1:15**

Pelham Girl Scouts  
Community Health, Wellness & Safety Day \*3.11.23\*

Girl Scout Cookie Booth 11a-2p!

Do you LOVE art?  
Need a ZEN space for you and your littles? Does Art calm you?



Pelham SEPTA

Is Hosting Therapeutic Arts Room  
at the Daranco Townhouse

\*\*\* Art stations with activities for all age groups \*\*\*

## Free Yoga @THRIVE

### FREE CLASSES

**12:30 - 1:15 - 305 Fitness dance party. For  
teens age 14+. 20 spots.**

**1:45 - 2:45 - Adult Yoga. 20 spots.**

**3:00 - 4:00 - Parent & Me Yoga. Children must  
be age 10+. 20 spots (10 parents, 10 children).**



JUNIOR LEAGUE OF  
**PELHAM**