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## **Love Your Senior, Free Event**

Date and Time

Saturday 3/16/2019 1:00 to 3:00pm

Event Region

Northern Virginia

Event Type

Social event

RSVP Info

703-501-7476

Event Cost

\$0.00

Event Description

Beloved Yoga Sanctuary for All studio will host an event for Reston/Northern Virginia seniors to learn about area resources all that is happening and available in the area for our elders. Free giveaways. Raffle. Free chair, mat and breath work classes all customized to meet the needs of the aging person. Tables for vendors and non profits. Event will be Saturday, March 26, 2019. You can email [admin@belovedyoga.com](mailto:admin@belovedyoga.com) for more information.