

SUPPORT LOCAL INITIATIVE #2

STAY HEALTHY AT HOME. LIVE RIGHT. FEEL GREAT.

The Rotary Club of Berwick is supporting local business in times of covid downturn.

At our 11 November meeting, Kate Boyle, nutritionist and pilates instructor from Mind and Movement pilates, will give you easy hints on how to stay healthy as well as demonstrating gentle, no impact pilates exercises to keep you mobile

HOW IT WORKS:

**YOU ARE INVITED TO MAKE A
VOLUNTARY DONATION OF \$5.00
TO FUND THIS INITIATIVE**

**WIN WIN! KATE IS EMPLOYED FOR
THE EVENING, AND WE RECEIVE
PROFESSIONAL ADVICE ON HOW TO
TO STAY HEALTHY !**

to register for the meeting:
zoom link

<https://us02web.zoom.us/meeting/register/tZckdu-opzliEtT5t7CkuKKx1q9Y-kfpRHpr>

to make your voluntary donation:

<https://form.jotform.com/djbutton/KateBoylePilates>