

Mar 10, 2023

[www.playroanoke.com](http://www.playroanoke.com)



# NEWSLETTER

## NEXT GROUP WALK:

SATURDAY, 3/11 @ 9am  
Wasena Park Shelter  
PRIZE DRAWING!

## CONGRATS TO OUR PRIZE WINNERS!

60-min massage @ Body and Sole  
**DIANE C.**

60-min massage @ Belle Sante  
**DAVERN D.**

\$25 Walkabout Outfitter gift certificate, PLAY Roanoke blanket and mug  
**JEFF W.**

## THANKS TO OUR SPONSORS!



Life is like riding a bicycle. To keep your balance, you need to keep moving.  
- Albert Einstein



## UPCOMING PROGRAMS & ACTIVITIES

Registration required. Sign up @  
[PLAYRoanoke.com](http://PLAYRoanoke.com)

Group Walk, Wasena Park  
Saturday, 3/11/23 @ 9am \$FREE

Yoga + Herbalism, Mountain View Center  
Saturday, 3/11/23 @ 11am - 1pm  
\$40/class

