

TRICIA DUFFY FROM EVERYBODIES STUDIO IN
ORLEANS WELCOMES EVERY-BODY!.

IN AN EFFORT TO KEEP OUR BODIES MOVING,

(MINDS FLUSHED W ENDORPHINS,)

& KEEPING OUR SPIRITS LIFTED,

WE MEET 6 TIMES A WEEK TO DO

DEEP STRETCH,

CARDIO DRUMMING,

AND DANCE ALIVE!

CLASSES OPEN TO ANYONE LOOKING FOR A NO COST
WAY TO STAY UPLIFTED, GET BLOOD MOVING, AND
TAKE A BREAK FROM YOUR TO-DO LIST DURING
THIS EVENT (skip organizing closets for an hour)! WE
ALL NEED EACH OTHER, & OUR BODIES DESERVE
THIS!!

YOU CAN CONTACT HER VIA EMAIL :

TRICIADUFFY@COMCAST.NET or

TRICIADUFFY246@GMAIL.COM

SHE'LL GLADLY SEND YOU A LINK TO JOIN IN!

SHE ALSO HAS A WEBSITE W AN ONLINE LIBRARY FILLED W CLASSES IN YOGA/DANCE/DRUM THAT YOU CAN ACCESS FOR ONLY \$10 A MONTH.

HER WEBSITE IS EASY: [TRICIADUFFY.US](https://triciaduffy.us)

CHECK IT OUT.

ZOOM CLASSES FREE & all donations of any size deeply appreciated, not expected.

THE PRICE OF ADMISSION IS CLICKING IN TO THE ZOOM SITE & CONNECTING W MANY FACES YOU MAY NOT HAVE SEEN FOR WEEKS.