

In Collaboration with
Mental Health America of DC
and SDC Coalition



Connect to Creativity and Community

A Special Art and Movement Workshop for Wellness

Ages 8 - 13

★ Space limited - Registration required ★



Presented by Dani Locastro, Dani is the creator and founder of Heartful Yoga which integrates yoga and art modalities for the cultivating creativity, healing, and self-expression. Dani is a professional artist, textile designer, entrepreneur yoga teacher with 500 hour- ERYT.

May 10, 2025, 11am - 1:30pm

Mental Health America of Dutchess County's Matt Herring Wellness Center
515 Haight Avenue, Poughkeepsie 12603

Lunch included | Dress comfortably

Call or email Julie Simpson at
jsimpson@mhadutchess.org
or 845 473 2500 ext. 1324

This information is being distributed by the MCSD as a community service to students, parents, and guardians for informational purposes only. The program/event described in this communication is not affiliated or endorsed in any way by the MCSD.