

**TO BENEFIT** Danbury WOMEN'S CENTER ... a safe haven for victims of domestic & sexual violence

Please join us for a  
**Trauma Informed  
Donation Yoga Class**

**Saturday, March 25th**

**4:30 pm - 6:00 pm at Newtown's**

**Yoga Dimensions**

*All proceeds from this class  
will benefit the Danbury Women's Center*

Serving Northern Fairfield and Southern Litchfield communities with prevention, crisis intervention, and support services with regard to domestic violence, sexual assault and other major life transitions.



**Instructor  
JILL LORD**



**87 South Main Street • Newtown, CT**  
**yogadimensions.net • 203-364-9500**

*Donations accepted at the door. Cash or check please.*



**Free and confidential services available**  
**24 hours a day, 7 days a week, 365 days a year.**