

B

OPEN HOUSE / 09.23

"What moves you?"

AN OPEN HOUSE, COME AS YOU ARE, SOCIAL HANG TO CONNECT ABOUT THE BODY AND THE LIFE BUILT AROUND IT.

BOM — BODY OF MOVEMENT - OPEN HOUSE

THE ARCHITECTURE OF MOVEMENT

TWO TIMES. SAME DAY. COME WHEN IT WORKS FOR YOU.

Come by for coffee and a pastry in the morning, rosé in the afternoon — or both! Just come as you are. Stay for conversation, connection, and a look at what's taking shape at **Body of Movement**, as I celebrate the launch of the new platform, **bebomwell.com**. A place for women to move, learn, gather, connect, and let it out — so we can feel stronger, steadier, and well together.

AFTER SCHOOL DROP-OFF

9:30a — 12:30p

*Come as you are.
Stay for a cup of Happy Day Coffee*



AFTER WORK / HAPPY HOUR

4p — 7p

*Come by when the day
loosens its grip.*

Rose all Day !!



WEDNESDAY

SEPTEMBER 23

12121 DEWEY STREET • LOS ANGELES, CA 90066

KATE'S # (310) 902-8629

No RSVP, show up as you are!

CONNECTION / CONVERSATION / COMMUNITY

