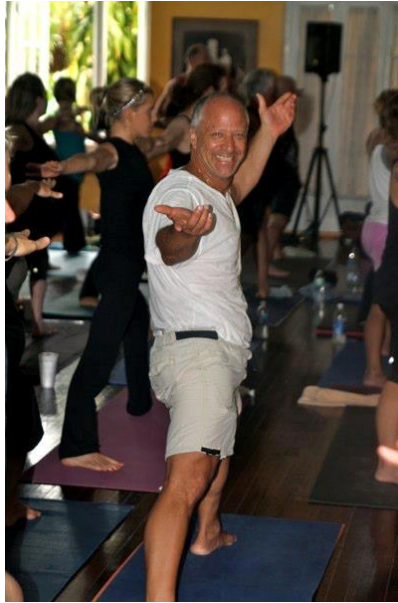


Have the time of your life... before lunch.
Sunday, April 1st. 9am.



Dr. Fabrikant invites you to be part of his Sunday morning ritual of mindful movement and stretch. It will be exhilarating and fun.

We meet Sunday morning at the Jones Beach Needle. Dress in layers. Hat and gloves are advised. Bottle of water recommended.

Remember... there is no such thing as bad weather, only the wrong equipment.

We will need a head count. Call us [516] 681-4567.