



“TOGETHER FROM OUR CHAIRS,  
LET NO CUPBOARD BE BARE”



## **6 classes for \$36**

Led by certified Chair Yoga instructor Lois Krause

**Dates:** Sat, May 21, 28,  
June 4, 11, 18  
Sun, June 26

**Time:** 10:00-11:00AM

**Location:** Har Sinai  
Temple or on Zoom

***100% of proceeds to  
Mercer Street Friends  
Food Bank***

RSVP and questions: email  
[sisterhood@harsinai.org](mailto:sisterhood@harsinai.org)

Checks to Har Sinai Sisterhood - Memo: Mercer Street Friends  
OR online at [Harsinai.org](https://www.harsinai.org) > Donate > Apply donation to "other" > type "Sisterhood Mercer  
Street Friends" in text box