



PINK RIBBON

TUESDAYS 2020

Cancer Awareness

**DO YOU HAVE CANCER OR
ARE YOU A CANCER SURVIVOR?**

EVERY TUESDAY IN OCTOBER 5:30PM-6:30PM

CLASSES IN PERSON - PHYSICAL DISTANCING



Oct. 6th - Breath & Calm Down - Elbow Beach
Oct. 13th - Meditate & Smile - PALS Pt Finger Rd
Oct. 20th - Laugh & Feel Positive - Elbow Beach
Oct. 27th - Nature bathing - Seymours Pond

FREE - Registration Required

Donations to PALS appreciated

Do you need more energy?

Want to feel better and more positive?

Nina London is a survivor & wants to inspire you !!

MORE INFO: 441 236 7257

INFO@PALS.BM

WWW.PALS.BM