



Grab your beach towels and yoga mats! Join Out & Sober Minnesota for a day at the beach during our beautiful Minnesota summer weather.

We will be having a yoga class led by Jeffest H, a volleyball court and enjoy time on the south beach of Lake Calhoun.

Admission is free. Bring your beach towel, swim suit and a yoga mat if you would like to participate in the yoga class.

**Sunday, July 26**  
**3 – 6pm**

No Cost to Attend

South Side of Lake  
Calhoun



[www.OutAndSoberMinnesota.com](http://www.OutAndSoberMinnesota.com)

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