



SOULCORE

BODY MIND SOUL

for young adult women 20s-30s & 18_ college

SATURDAYS 9:30AM*

***TIMES MAY VARY. SIGN UP
FOR NOTIFICATIONS & UPDATES**

On ZOOM



with some
in person
gatherings

SoulCore combines prayer of the rosary with gentle exercises and reflections geared towards helping us grow in virtue, as a way to more integrally nurture mind, body, and soul.

More informatio at Soulcore.com

Saint David Young Adult Women's
faith & fitness

Saint David Catholic Church and
Student Center NSU/SFEC Davie

RSVP /INFO mvargas@saintdavid.org