



2022 Mental Health Awareness Month

In conjunction with May is Mental Health Awareness Month, the City of Port St Lucie's Parks & Recreation Department will host an instructor-led walk and 7 yoga classes, which are offered FREE to the public in May.

Participants should bring their own yoga mat, water, blanket or beach towel to use during yoga class.

Saturday
May 14 9-10 a.m.

Instructor-led Walk - 1.27 miles
Woodstork Trail

1957 SE Hillmoor Drive, Port St. Lucie, FL 34952



Thursday May 5
6-7 p.m.

Yoga Class
The Saints Golf Course

2601 SE Morningside Blvd.,
Port St. Lucie, FL 34952

Saturday May 21
6:30-8 p.m.

Forest Bathing
The Botanical Gardens

2410 SE Westmoreland Blvd.,
Port St. Lucie, FL 34952

Saturday May 7
9-10 a.m.

Yoga Class
Woodland Trails Park

1485 SW Calmar Ave., Port St. Lucie, FL 34953

Thursday May 26
6-7 p.m.

Yoga Class
Veterans Park at Rivergate

2200 SE Veterans Memorial Parkway,
Port St. Lucie, FL 34952
In the shaded grassy area near the pavilion



Thursday May 12
6-7 p.m.

Yoga Class
Veterans Park at Rivergate

2200 SE Veterans Memorial Parkway,
Port St. Lucie, FL 34952
In the shaded grassy area near the pavilion

Saturday May 28
9-10 a.m.

Brain Fitness
Woodland Trails Park

1485 SW Calmar Avenue, Port St. Lucie, FL 34953

Thursday May 19
6-7 p.m.

Yoga Class
The Saints Golf Course

2601 SE Morningside Blvd.,
Port St. Lucie, FL 34952



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In partnership with

HealthyU



www.PSLParks.com | 772-878-2277

Dates are subject to change.
All outside classes are weather permitting.

Find us on **Port St. Lucie Parks & Recreation**
Facebook Group