

# Holiday Charitable Classes 2016



Mind-Body Connection

Mind-Body Connection partners with Animal Welfare Society (AWS) to offer Charitable Classes again this Holiday Season!



Between November 28<sup>th</sup> and December 21, 7 Charitable Classes will be offered: 100% of class proceeds are donated to AWS.

In lieu of class payment, bring in items to donate from the AWS wish list, (below) or make a cash donation.

## Holiday Charitable Class Schedule:

Holiday	Class Schedule
11/28	6 pm Pilate Barre
12/1	9 am Mat Pilates
12/6	6 pm Yoga Fusion
12/12	9 am Pilates on the Ball
12/14	6 pm Pilates Barre
12/20	9 am Pilates w/Props
12/21	9 am Pilates Barre

What do Pilates and pets have in common?

*They both have therapeutic effects on the mind, body and soul.*

**Mind-Body Connection Pilates**  
 143 West Street, Unit W  
 New Milford, CT 06776  
 860-350-3643

[www.mind-bodyconnection.com](http://www.mind-bodyconnection.com)

## AWS Donation Wish List:

- Quality Dog Food – Dry / Canned
- Peanut Butter
- Dog Biscuits or Treats, Pig Ears, Large & Medium Rawhide / Bones
- K-9 Advantix for Dogs
- Heart Worm Preventative
- Cat Food - Dry/Canned (no fish flavors. Prefer Iams Cat Chow or Nine Lives)
- NON-clumping Cat Litter
- Cat Toys
- Frontline for Cats
- New or gently used collars
- Shampoo (Dog or Cat)
- Windex or Simple Green
- Laundry Detergent
- Bleach
- Paper Towels
- Scrubby Sponges
- Disposable Gloves
- Heavy Duty 40-gal. Black Trash Bags
- Towels or Blankets
- Postage Stamps
- Gift Certificates to Pet Supply Stores
- Citgo Gas Cards
- Kuranda Beds

Animal Welfare Society is an independent, non-profit (501c3), non-destroy organization, covering 5 towns: New Milford, Bridgewater, Brookfield, Roxbury and Washington, Connecticut. Our Mission since 1965 is to aid and find loving, permanent homes for abandoned, stray and abused cats and dogs. Visit us for more information at [www.aws-shelter.org](http://www.aws-shelter.org).