

NEED A BOOST?

Soul Strength **MOVE**

SS MOVE groups combine movement, mindfulness and evidence based stress management skills to help you recharge- physically & mentally.

Groups are completely adaptable for all fitness levels, especially beginner's- the focus is on the skills, the movement is simply the conduit!

Current Groups

- **Soul Strength CYCLE**
- **Soul Strength TEEN**

Where

Fit2Excel
14 Corporate Drive
Essex, VT 05452

About Soul Strength

Kate Sherman is a Licensed Counselor, Health Educator and Certified Group Ex. Instructor. Part support group, part group exercise, SS MOVE groups are Kate's (small) way of offering accessible and alternative mental wellness programming for EVERYONE.



**GROUP INFO
& SCHEDULE:**



CONTACT:



SOCIAL:



@SOULSTRENGTHVT