

Charitable Classes 2018



Mind-Body Connection

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



Between 11/26 - 12/21, MBC Pilates will offer 8 Charitable Classes of which 100% of the proceeds are donated to AWS.

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

Holiday Charitable Class Schedule:

Holiday	Class Schedule
11/26	6 pm Pilates Groove
11/29	9 am Mat Pilates
12/4	6 pm Vinyasa Flow
12/5	9 am Pilates Fusion
12/12	6 pm Pilates Barre
12/15	8:30 am Pilates Barre
12/16	9:30 am Mat Pilates
12/21	5 pm Pilates Barre

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

Mind-Body Connection Pilates

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Mind-BodyConnection.com

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.