



EARTH DAY WAKE-UP



Healthful Stretches

Above: Members of The Bramham Spa, 1014 N. Olive Ave., West Palm Beach, participate in a 75-minute Hoppa yoga class — which focuses on breathing, balance and strength — on Midtown Beach Thursday morning to celebrate Earth Day.

Right: Connie Beaudoin, a spa owner, stretches during class. The yoga followed the group's Thalasso (Ocean) Walk at 8 a.m.

It is a timed walk covering different levels of soft and hard sand, and is considered a good cardiovascular workout.

Earth Day is observed worldwide to celebrate the Earth and people's responsibility toward it. Family Earth Day activities

Saturday in West Palm Beach will be held at Pine Jog Environmental Education Center, 6301 Summit Blvd.;

Okeeheelee Nature Center, 7715 Forest Hill Blvd.; and Grassy

Waters Preserve, 8264 Northlake Blvd. For more information on

Pine Jog, call 686-6600; for Okeeheelee, 233-1400; and for the

Grassy Waters Preserve, 627-8831.

