

NC Central Piedmont Group of the Sierra Club

Green Event: Yoga Matters to Benefit Lakewood Preserve

December 29, 2010

By Bill Gupton, Group Chair

Sierra Club member Mary Lou Buck is active in almost all our local programs. Now she's working on a project to help the Lakewood Community Development Corporation, Crossroads Charlotte, the Catawba Lands Conservancy, and the Carolina Thread Trail. Can you "bend" your schedule and "stretch" your wallet to help this cause?

Yoga Matters ...to benefit Lakewood Preserve

Friday, January 7, 2011, 6-7:15 pm

Yoga class with Mary Lou Buck

Yoga for Life/Centered Wellness 1410 W. Morehead St

Donations will support the Lakewood Preserve as part of a Crossroads Charlotte initiative led by Catawba Lands Conservancy in partnership with Lakewood Community Development Corporation (LCDC). Lakewood is an economically challenged inner-city neighborhood in north-west Charlotte. The Preserve will host a segment of the Carolina Thread Trail and be a resource for neighborhood empowerment, improved quality of life, and protection of natural resources. Since 1991, LCDC has worked to improve the lives of Lakewood families through a holistic approach to neighborhood revitalization.

Read all about it here...[Yoga Matters Jan 2011 Flyer](#)

<http://charlottesierraclub.org/2010/12/29/green-event-yoga-matters-to-benefit-lakewood-preserve/>