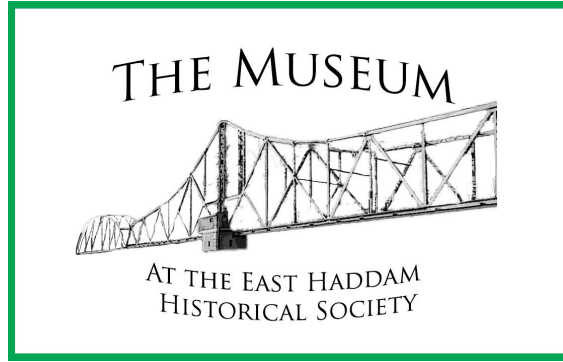




December 2022



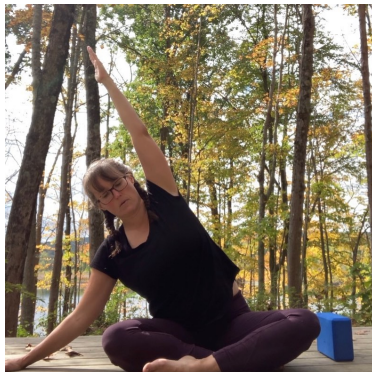
### Annual Membership Appeal!

Renew your membership for 2023 or become a new member of EHHS! Your membership entitles you to **free** admission to events, workshops and talks. Arrange to meet with our historians at EHHS. Research our collection of artifacts, art, documents, and photographs.

Individual memberships remain at \$20/year and household memberships are \$35/year.



**Click here for the membership application** and a letter from Bruce Sievers, President of the Board of Trustees. You can also renew your membership online or become a new member by **clicking here**. Please join us in preserving and sharing the history of our community!

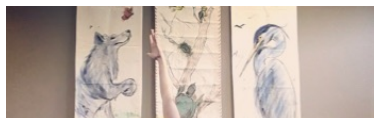


### Yoga at the Museum!

#### Start the New Year with Yoga at the Museum!

**Mondays, 7pm, January 2nd - January 30th  
\$60 for 5 classes or \$15 drop-in per class**

Taught by experienced practitioner Erin Day, this Yoga class offers ease, increased self-awareness, flexibility, and strength with a combination of slow, fluid movements within the postures. You are encouraged to listen to your body and trust what you know is the right action for you. The classes will include Yoga postures, meditation and breathwork, and Yoga teachings for your life. Practicing together





and yoga teachings for your life. Practicing together as a community is just the beginning as we experience the peace and liberation that is accessible through Yoga. *The class is appropriate for all levels, and no previous experience is required.*

Erin Day is an experienced Yoga mentor, herbalist, greenspirit practitioner and owner of Ten Summit Yoga & Earth Based Wellness. Erin loves to witness others thrive as they are supported in community and compassion.

To sign up, or if you have questions, please contact Erin at 860-262-0248 or [tensummitst@gmail.com](mailto:tensummitst@gmail.com).



## It's the Season for Giving!

Please consider a year-end donation to the East Haddam Historical Society. As a nonprofit organization, EHHS depends on *your* donations to curate new exhibits, maintain existing collections, and offer exciting monthly events. We thank you in advance for your generosity!

[Click here to donate](#), scroll to the bottom of the Membership page.  
For information or questions call 860-873-3944.

[Click here to learn more about East Haddam Historical Society and Museum](#)