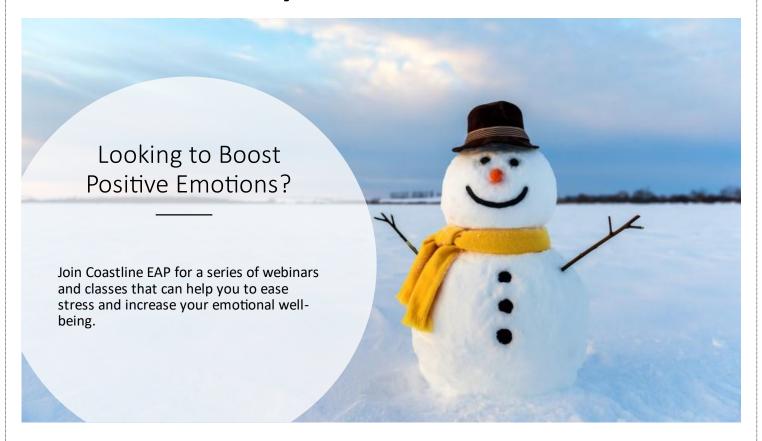


February's Wellness Schedule



To register click on the links below.

Register for as many Zoom sessions as you would like:

Stretch and Breathe (30 Min)

Wed, February 2nd @ 12pm EST

Gratitude Meditation (30 Min)

Wed, February 9th @ 12pm EST

Savoring the Good In your Life (45 min)

Mon, February 14th @12pm EST

Stretch and Breathe (30 Min)

Wed, February 16th @ 12pm EST

Loving Kindness Meditation (30 Min)

Wed, February 23rd @ 12pm EST

Art Journaling, A Beginner's Guide (60 minutes)

Mon, February 28th @ 12pm EST