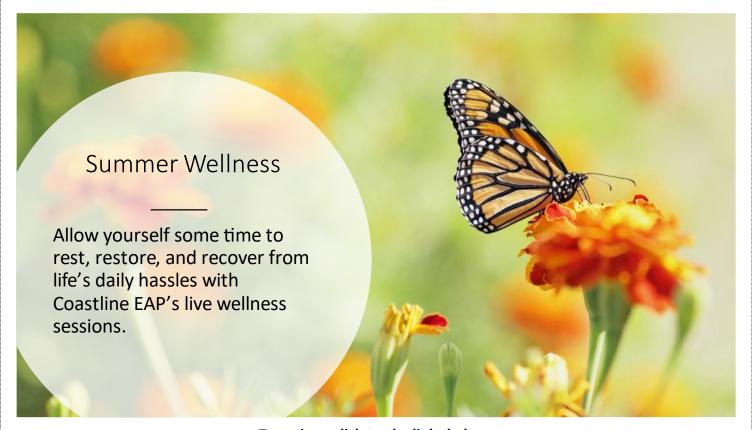


June's Wellness Schedule



To register click on the links below.

Register for as many Zoom sessions as you would like:

Mindful Breathing (30 Min)

Wed, June 1st @ 12pm EST

Stretch and Breathe (30 Min)

Wed, June 8th @ 12pm EST Wed, June 8th @ 4pm EST

Intro to EAP + Slow Breathing (30 Min)

Wed, June 15th @ 12pm EST

Stretch and Breathe (30 Min)

Wed, June 22nd @ 12pm EST

Gratitude Journaling (30 Min)

Thurs, June 23rd @ 4pm EST

Breath Meditation (30 Min)

Wed, June 29th @ 12pm EST