

Wellness Wednesday:

Want to get out of the rut? Inspiring a New Wellness Practice

Spring propels us forward and so will this workshop.

Learn 3 areas in your life where you can make a difference in your wellbeing.

Learn tools and techniques that will help to:

- increase your vitality
- bring clarity of mind
- find inner peace

Create a structure that will make you successful.

Facilitated by Marise Foster

Wednesday June 8, 2016

4:00pm at HKA

All HKA clients, volunteers & staff welcome

RSVP not required

Any questions call 905-727-6815

