BODY AND MIND SUMMIT:
NURTURING YOUR WELL-BEING

A FREE, virtual event to learn simple, sustainable practices that foster both mental and physical well-being.

OPEN FOR ADULTS 18 & ABOVE

Are you **stressed?**

Is **chaos** and **uncertainty** getting you down?

Are you **anxious** and unable to sleep?

JOIN US

SATURDAY

FEB 7, 2026

9 AM - 12 PM CST

VIRTUAL ON ZOOM

INSPIRING TALKS

INTERACTIVE WORKSHOPS

PRACTICAL TAKEAWAYS

Registration is FREE! Reserve your spot today!

TO REGISTER, SCAN QR CODE OR CLICK HERE

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