



Are you  
stressed?

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

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



**SERVE AND INSPIRE FREE CLINIC, IL  
PRESENTS**

*Join Us!*

## **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 ALL ADULTS 18 & ABOVE**

**INSPIRING  
TALKS**

**INTERACTIVE  
WORKSHOPS**

**PRACTICAL  
TAKEAWAYS**

**SAVE THE DATE**

**SATURDAY FEB 7, 2026**

**VIRTUAL ON ZOOM**

**9 AM - 12 PM CST**

**10 AM - 1 PM EST**

**7 AM - 10 AM PST**

**Registration  
is FREE!  
Reserve your  
spot today!**

**TO REGISTER, SCAN QR CODE  
OR CLICK HERE**



[www.saifreeclinic.org](http://www.saifreeclinic.org)