



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