



# LET'S WORK ON OURSELVES



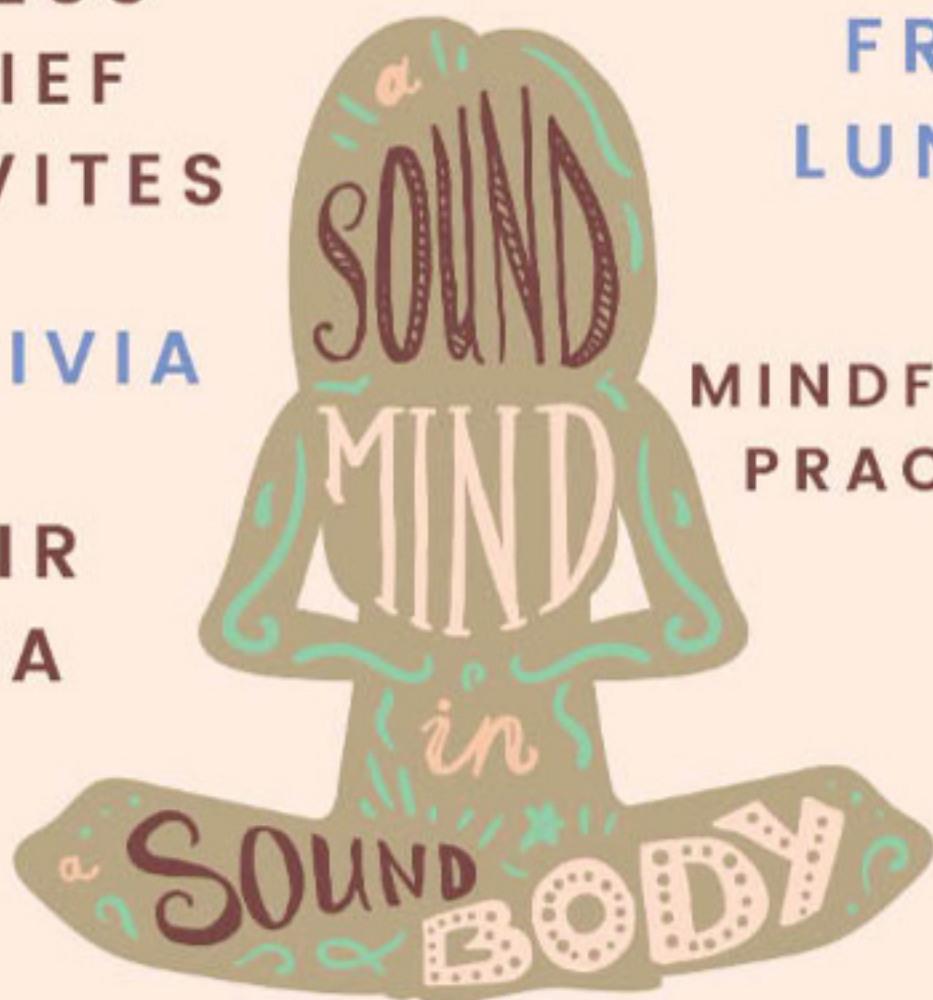
STRESS  
RELIEF  
ACTIVITIES

FREE  
LUNCH

TRIVIA

MINDFULNESS  
PRACTICES

CHAIR  
YOGA



LUNCH AND LEARN  
COMMUNITY SERVICE BUILDING  
MARCH 18TH  
12:00-2:00PM