

# Virtual Wellness – Series

# Winter Wellbeing



## Tuesday Evenings

6:30PM-8:00PM, on Zoom

Join us for an 8-week series focused on cultivating a host of winter wellness practices. Each week we will explore journaling, intention-setting, mindfulness and gentle movement practices that will create a cozy space for warmth while attending to your wellbeing this winter.

Facilitated by Gwendolyn & Nicki



To register or for information, contact Nicki  
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