



HAPPINESS IS A HABIT - CULTIVATE IT!

Self Care Workshop

*A one-day group on the ins and outs of self care and how it
can improve your mood and quality of life.*

TUESDAY, JANUARY 14TH | 12:00 - 1:00PM
40 MONTGOMERY STREET



Group Leader: Lillyana Morales
RSVP by January 13th, 2019