



**raffle
prizes!**

Schedule

- 9:30-10:00 am – Registration
- 10:00-10:15 am – Introduction
- 10:15-11:15 am – Gentle Yoga – Quiet
- 11:15 am-12:00 pm – Brunch – Mindful Eating
- 12:00-12:30 pm – Mindful Walking – Quiet
- 12:30-1:15 pm – Project
- 1:15-1:30 pm – Break
- 1:30-2:30 pm – Guided Meditations – Quiet
- 2:30-3:00 pm – Discussion/Closing

Pause, Reflect, Heal

YOU ARE WELCOME TO JOIN US
FOR A DAY OF RELAXATION AND
MINDFULNESS.

SATURDAY, OCTOBER 11
9:30 AM – 3:00 PM

Location:

Lake Metroparks
Environmental Learning Center
7250 Alexander Road
Concord Township, OH 44077

Fee: \$40

Brunch will be provided by Bruegger's Bagels

Bring your own mat, blanket and water.
Wear comfortable clothing and shoes.

Thank you to our additional event sponsors:



**To register, call the
Best of Health Line
at 440-953-6000.**

