

Wellness, Mindfulness & Self-Care

**Free
Class**

**Enjoy tea, treats and tools
for living your best life.**

Please join us for a morning of connecting with other parents while learning tips for prioritizing self-care, health and wellness in the busy season of parenting.

**Wednesday, November 8th
10-11am**

Greenhouse Coffee Company

1064 East Grand Ave. AG

This class will be led by Wendy Purviance, who is a national board certified functional medicine health coach. Wendy is the owner of Whole Living with Wendy Purviance and she has helped countless families reclaim their health and wellness in order to live their best lives.

To Register:

<https://wellness-mindfulness.eventbrite.com>

Questions? Please email:

megan.scyc@gmail.com

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