

VIRTUAL WELLNESS CIRCLES

YOU ARE INVITED TO EMBARK ON A WELLNESS JOURNEY WHILE CONNECTING WITH OTHERS AS WE EXPLORE SEVEN DIRECTIONS OF WELLNESS AND SET PERSONAL GOALS FOR GROWTH.

CIRCLES WILL BEGIN THE FIRST WEEK OF NOVEMBER AND LAST FOR 6 GATHERINGS. DATES AND TIMES WILL BE BASED ON INTEREST AND AVAILABILITY.

Reach out today to reserve your spot by contacting our facilitator:



**CARRIE MCGHEE GLEBA
EDUCATIONAL OUTREACH
SPECIALIST**

**PHONE: 414-897-9210
CARRIE.AICA@GMAIL.COM**