

Enhancing health through releasing grief and stress

Enhance your success by improving your health!

4 Wednesday Workshops

November 18, November 25

December 2 & December 9

11:00 a.m. - 1:00 p.m.

— Conference Room F-170, Laney College —

Workshops conducted by
Catherine Walters, MA, MS

Supported by the Laney
Wellness Advisory Committee

Sponsored by the LEAP program

Please eat before the workshop.

Workshops are FREE, but please register
in advance because seating is limited:

Indra Thadani, **(510) 464-3516**

