

Virtual

# Spring Wellness Series 2022

with

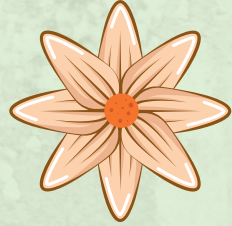


**JILL VROMAN**  
FITNESS & WELLNESS



## Stress Reduction & Mindfulness

**Monday, February 7th**  
**@ 7:00 PM**



As part of our Spring Wellness Series 2022, join local resident and holistic health coach, Jill Vroman, for this free and restorative online workshop! Are you still carrying all that stress from 2021? Can you feel the weight of the stress on your body? The physical sensations of stress are cumulative. Learn how to get stress out of your body as tools you can use daily to reduce stress with Jill. Participants will learn how best to manage the inevitable stress and challenges of day-to-day life through proven mindfulness techniques.

**Please register:**

**<https://bit.ly/sblibspringwellness1>**