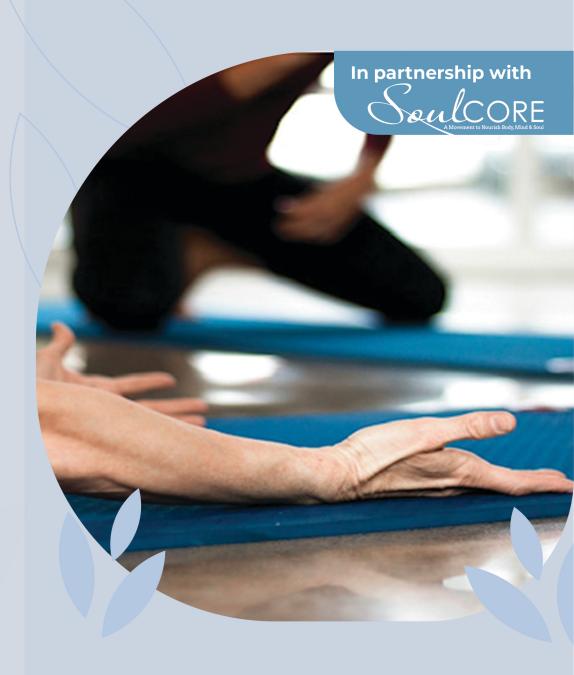
Weekly Weekly Webinar



- ✓ Led by SoulCore Leaders
- ✓ Duration: 15 minutes
- √ Free to ANO employees
- ✓ Regsiter via email: tawnya.ridi@umr.com



MIND, BODY & SOUL Weekly webinar

Rejuvenate your mind, body, and soul during a 15-mintue webinar of praying a decade of the rosary with a new mystery each week combined with beginner stretches and functional movements.

Webinar attendees are entered into a \$100.00 MasterCard gift card raffle each week!











