

weekly **WELLNESS** webinar

In partnership with
SoulCORE
A Movement to Nourish Body, Mind & Soul



EACH
WEDNESDAY

4^P_M

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

MIND, BODY & SOUL

Weekly webinar

Rejuvenate your mind, body, and soul during a 15-minute 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!

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