

Yoga and Mindfulness Practices

Open to the public

Every Tuesday

Beginning, September 10
Ending Tuesday, October 15

Location: Sims Center
Time: 7:30pm - 8:30pm

Self Care Workshop & Nutritional Wellness

Saturday, November 2nd

Location: Serenity Rose
7570 South Federal Highway,
Suite 4 Hypoluxo, FL 33462
Time: 4:00pm - 6:00pm

TAKE CARE OF YOU CAREGIVER INITIATIVE

*Practice Mindfulness, Manage Your
Funds, Eat Well, Take Care of You*

Financial Peace Workshop Saturday, November 16

This workshop is intended to educate caregivers on available resources and money management.

Location: TBA
Time: 11:00am - 1:00pm

Spa Party for Caregivers

Saturday, December 7th
Location: Serenity Rose
7570 South Federal
Highway, Suite 4
Hypoluxo, FL 33462
Time: 4:00pm - 6:00pm