

Upcoming Wellness Presentations

with Kayla Newkirk, Clinical Mental Health
Counseling Intern

 Live Webinar on Zoom

Mark the dates:

Mindfulness 101

May 4th, 2022

6:00pm to 7:00pm

**Holistic Wellness
Practices and Benefits**

May 18th, 2022

6:00pm to 7:00pm

**Healthy Communication
Strategies**

June 8th, 2022

6:00pm to 7:00pm

**Stress Management
June 8th, 2022**

6:00pm to 7:00pm



**BRANCHES OF
GROWTH**

Mental Health Counseling
& Yoga Studio

Register now!

www.branchesofgrowth.com