

Project Soul Presents

MINI VISION BOARD CLASS

*With Mindfulness Expert
Nicki Minasidis*

The mini classes will take place between 11-2 p.m. Monday February 13th

Sign up is required. 6 timeslots offered only on this date. First come, First Serve. Please bring a photo that sparks JOY in your life.



**LET'S MANIFEST JOY,
CONFIDENCE AND A
WELL BALANCED
MIND AND BODY
FOR 2023**



Want to join our workshop? Sign up now!

Golden Age Center Wellness Event