

JULY

Week of July 5-11, 2020

LIFELONG WELLNESS PROGRAM



SUNDAY 05

Monday 06

Monday Mindfulness
1:30 - 2:00 pm
Join Nancy in a space of kindness, patience, and relaxation.

Tuesday 07

The Story of You
11:00 am - 12:00 pm
Tagline TBD, to note the benefits of reminiscing

High Tea Discussion
5:00 - 6:00 pm
Join Sarah for an energizing discussion on Gratitude and how to live every day taking in everything that is good in the world.

WEDNESDAY 08

THURSDAY 09

FRIDAY 10

SATURDAY 11

NOTES:

All programs are currently held via Zoom. Please call 570-346-6203 x110 or email kreilly@uncnepa.org in advance to receive the Zoom Link for the session you are interested in. If you need a tutorial on how to use Zoom, please let us know when you register and we will be happy to help.