

Mindful Moments

Join us to learn ways to enhance your personal and professional well-being.



Times: We offer these sessions at:

- 10:30-11:30a
- 1-2:30p

Dates:

May 7th, 14th, 21st, & 28th, 2024

Place: The MET Center
6347 Plymouth Ave.
St. Louis, MO 63133

→ **Group Topics include:**

- Self-Care
- Stress Management
- Coping with Challenges
- Gratitude/Accountability
- Understanding Emotional Intelligence

→ **Interested?**

- Contact Dr. Tracy Cooley to learn more at tcooley@fwca-stl.com

WANT TO ATTEND? REGISTER BY:

 314-377-0458

 www.fwca-stl.com



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