

SPRING AWAKENING

Enjoy a Delicious and
Joyful Earth Day

Women's Wellness, 4 Oxford Road, Milford, CT

SAT APRIL 22, 2023
11AM - 1PM

\$50



Come join us on Earth Day for a special wellness retreat

- Mindful Movement and Meditation
- With Andrea Cashman, Certified Yoga and Meditation Instructor
- How to prepare and incorporate the rainbow into your diet.
- With nutritionist and wellness expert, Lindsey Miller
- Enjoy a delicious light lunch
- Go home with recipes and new friendships



Details and registration at:
tiny.cc/SpringAwakening

Or Scan the QR Code

