

You are invited to

The Wellness Center's Annual Women's Luncheon

Hosted By Safe Haven

February 12th
11:30am-3:00pm

South County Regional Center
800 West Branch Street,
Arroyo Grande, CA 93420



Please join us in a space where we will cultivate self-love.

Lunch will be provided by Jaffa Café from 11:30-1:00 and a Sound Bath will be held by Jamie Dubin of Harmonic Prana from 1-2:30. By holding space with love and understanding, Jamie facilitates a beautiful blend of ancient breathwork combined with the healing sound vibrations of various instruments that will help you journey into a nurturing and peaceful state for physical, emotional and spiritual healing.

RSVP to Hilary Lawson at hlawson@t-mha.org by January 30th.

Please let us know in your reply if you will be attending both the Luncheon and Sound Bath.



WELLNESS • RECOVERY • RESILIENCY

