

Recharge: Creating A Healthier You

Feeling like you need to
decompress and de-stress?

Join our "Real Talk" Session
on how to manage your
health by learning work/life
balance strategies with
Stephanie Weiner

Learn to Relax and Release through -

- ▶ Healthy Meditation Practices
- ▶ Visualization Exercises
- ▶ Easy to Apply Yoga Techniques

Coming again this
Summer

RSVP : <https://bit.ly/2VPIoIM>

EVENT LOCATION

Community Services Building
Women's Business Center
100 W. 10th St.
Wilmington, DE 19801
Suite. 300

FREE Parking :
Community Service Building
Garage: 111 West 11th Street
facing Orange St.



Stephanie Weiner
Owner of
@followyourbreathyoga



eliminating racism
empowering women
ywca

Wo(men)
Achieving
New
Directions

WBC
women's business center
FIRST STATE
COMMUNITY LOAN FUND

Admission
is
Free!