

# 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

**Tuesday May 21st**

**5:45 - 8 p.m.**

**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](https://www.instagram.com/followyourbreathyoga)

eliminating racism  
empowering women

**ywca**

**Wo(men)  
Achieving  
New  
Directions**

**WBC**  
women's business center  
FIRST STATE  
COMMUNITY LOAN FUND

**Admission  
is  
Free!**



