

You are working hard!



You have a lot going on right now.



The stress is real.

Guided meditations provided TONIGHT  
by local Holistic Healer, Tina Whobrey.



**SHOW UP AS YOU ARE**  
no need to register!

**Monday, May 2nd | 7:00 pm**

**in the North Lounge of Hendrick House**

2 unique sessions!

1. "grounding and energizing" @ **7:00pm - 7:30pm**
2. "detaching from the physical world" @ **7:45pm - 8:15pm**

**CHOCOLATE!**



**Rooted Intuition**

**tina@rootedintuitionowl.com**

**GIVE-AWAYS!**