



A Guided Relaxation and Mindfulness Session

Pause and breathe with
calming techniques designed
to help you relax from
everyday stress.

**A Guided Relaxation
and Mindfulness Session**
Tuesday, November 24
11 a.m. - 12 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

