

Getting to the Heart of Well-Being

Tuesday, April 9 @ 7pm

In this one-hour workshop, discover a unique perspective on how our thoughts, emotions and beliefs directly impact our daily lives and our physical health and well-being. Learn creative techniques to help identify and undo limiting beliefs. You will come away from the workshop with healing energy exercises to help boost your positive changes!

The workshop is presented by Jessica Depardieu, co-owner and program director of Everyday Vitality LLC in Darien, CT.



Registration is suggested