

Mindfulness at the Holidays



The holidays may look different for us this year, but it is still important to pay attention to our health and well-being. Tune in to Instagram Live @WPreC on Tuesdays at 11:00am for quick tips on practicing mindfulness throughout the holiday season.

Tuesdays, 11:00am
Instagram Live @WPreC

December 8, 2020
December 15, 2020
December 22, 2020

