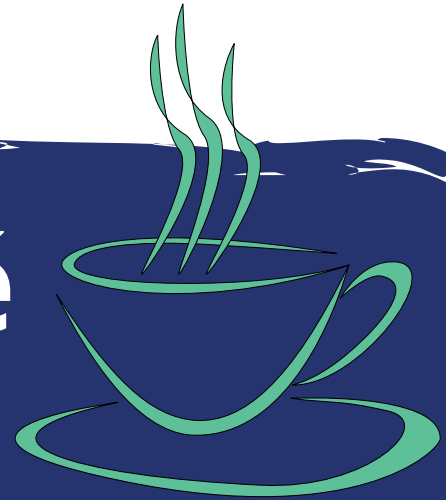




Vitality Café



Tuesday - November 29th
Virtual - 2:00 PM - 3:30 PM

\$20 gift card for St. Louis City Residents attending!

Vitality Cafés provide an opportunity for informal but highly structured small group conversations, that promote peer-to-peer learning and deep self reflection. Participants learn how to use the vitality domains to help chart their own paths toward holistic wellness. Such as:

**ENVIRONMENTAL | FINANCIAL | MENTAL & EMOTIONAL |
PHYSICAL | SOCIAL | SPIRITUAL**

This month's Domain: ENVIRONMENTAL

Join Zoom Meeting:

<https://us06web.zoom.us/j/96469137325>

Meeting ID: 964 6913 7325

Contact: Ms. Valentine, Family Engagement Specialist
JValentine@visionforchildren.org 314-534-6015 ext. 122