

Vitality Café

TOPICS

February 7th: Live the Life You Want

March 6th: Life is Full of Adventures

April 3rd: It's Your Choice

\$20 gift card for attending!

Vitality Cafés provide an opportunity for informal but highly structured small group conversations that promote peer-to-peer learning and deep individual self-reflection. Through the Journey to Vitality Cafés, you will use the domains of vitality to assist you with deciding how to chart your path. Think about what needs to change, in order for you to get where you want to go. The structure provided by the Journey to Vitality Café agreements ensure a safe environment for participants to build life skills and explore their challenges and opportunities.

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

JOIN US!

To learn more or RSVP, contact:
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