

U Health Fitness and Wellness Center



WELCOME

LIFE AS IT IS IN THIS MOMENT NOW

Open House & Introduction to MINDFULNESS-BASED STRESS REDUCTION (MBSR)

Saturday, September 10th, 2:00 – 4:30 pm

FREE & OPEN to all who are registering for the Fall course at UHealth Fitness & Wellness Center, may be deciding to enroll, want to sample the program before committing, or are feeling curious

“What you seek is seeking you.” Rumi

U Health Fitness & Wellness Center 1120 NW 14th Street, Miami 33136

FOR MORE INFORMATION: DEBRA ANNANE dannane@hotmail.com - 954.643-5397 or
GUS CASTELLANOS gus@18mind.com - 561.222-1928