

Tampa Bay Unit



May 29, 2020 • 6:00 p.m. – 7:30 p.m.

“Tampa Bay Mindful Vacation”

(Invited Guest and Self-Care Demonstration)

You are invited to be the Special Guest on a vacation like never before. Guest presenter will provide a demonstration to reset your mental time clock as if you have just returned from a vacation without leaving home.

THERE MIGHT BE SOME “CLOWNING” AROUND TOO!

*This is a virtual workshop.
You will receive a link prior to the event.*

To register, go to www.naswfl.org/events.html.