

September 21, 2019 • 10 a.m. to 12 p.m.

**"Social Workers' Peer Support Group
& Yoga Class"**

Martha Vallejo, LCSW, Peer Support Group Facilitator

*"Introduction to Yoga & Mindfulness Meditation" with guest Yoga Instructor,
Dunia R. Villanueva, LCSW, RYT-500*

Please join us for the Social Workers' Peer Support Group from 10 a.m. to 11 a.m. followed by a Yoga Class from 11 a.m. to 12 p.m. *Please come comfortable for yoga.*

***You can bring your own mat if you prefer, however, mats will be available for use.
No experience necessary.***

Event will be held at:

Keiser University, 2101 NW 117th Avenue, Miami, FL 33172
(please park in the front of the building and sign in with security)

Light snack and refreshments will be provided

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