

EX-STRESS YOURSELF

Women's Health & Wellness event
Sunday, February 28, 2016

10am-12:30pm

Mim Schwartz - Women's Wellness Specialist

Angie Murdukhayeva - Yoga Instructor

Holly Niles - Licensed Nutritionist



To register:
www.bessisrael.org

At: Chabad of Greater Hartford
2352 Albany Ave
West Hartford, CT
\$20 [\$25 after Feb 21]