

## Nourishment for Your Mind: Clearer, Sharper, and Happier

Jenna Matthews, Health Coach/Reiki Practitioner, will explore caring for our brains through physical activity, stress management, and controlling our thoughts.

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Thursday, May 30

1 p.m. - 2 p.m.

**Register Now** 

Space is limited.

Questions? Member Services Has the Answers. Call 1-800-414-SHBP (7427).

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