

# MODERN MILLENNIAL

A weekly workshop on mental-health, lifestyle and well-being.

Every Wednesday from 7:00-8:30PM

## TOPICS

January 2  
*breath work*

January 9  
*nutrition*

January 16  
*relationships*

January 23  
*finances*

January 30  
*fitness*

February 6  
*creativity*

## PRICING

*\$40/session*

*\*you are welcome to attend as many or as few sessions as you like.*

*Want to RSVP? Or have any questions?*

*Contact Amanda at 203-273-5950*

*or Danielle at 424-281-4252.*