

# ***PATHWAYS TO WHOLENESS FOR TEENS***

FREE introductory classes on  
wellness practices

***EVERY TUESDAY IN AUGUST, 3:30-5:00  
AT VASTU HEALTH CENTER IN WARWICK***

Each session has local wellness practitioners  
presenting on food, movement, creative  
expression, mindfulness, & more!

To sign up, use the QR code, & for more info, go  
to [wethepeoplewarwick.org/pathways-to-wholeness](http://wethepeoplewarwick.org/pathways-to-wholeness)



**We the People  
WARWICK**