



BESTHealth

BestY♡U

APRIL
Serenity
SERIES

Get the tools you need to take care of yourself better and make healthy choices daily.

Join us every Tuesday via Microsoft Teams for 30-minute sessions at 7:30 a.m. or 12 p.m.

April 7

Mindfulness and Grounding

April 14

Acceptance and Letting Go

April 21

Emotional Regulation and Self-Compassion

April 28

Connection and Presence

Attend 4 sessions for a chance to win a \$100 gift card from the Awardco mall.

**Deadline to Enroll:
APRIL 2 @ 12 P.M.**

Spaces are limited. [Click here](#) or scan the QR code to enroll today!



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