



WBDC MEMBERSHIP MONDAY

"FIT & FOCUSED"
Monday, March 23rd
5:30 - 7:30 pm

Our host, Silvana Stein, founder of **YogaSpace Stamford** is offering a complimentary breathing class and other "FIT & FOCUSED" members will be on hand to share more healthy living tips.



Receive a therapeutic massage with Tess Abalos of **CT Massage and Bodywork, LLC**. Learn about the power of hypnosis with Meg Tocantins of **The Relaxation Suite** and have an enlightening conversation with licensed Clinical Social Worker, **Robin Ordan**.

Pick up delicious recipes from Nutritionist Alison Held of **Healthful Direction**, eat scrumptious allergen-free cookies from Liz Gilbert of **Gilbert's Gourmet** and gluten free treats from Allison Carriere of **Sweet Retreat**, learn about the benefits of clean drinking water from Julie Clark of **Natural Health and Wellness** and connect with your local health resource, **Stamford Hospital**.

As always we'll have tasty treats and beverages along with many opportunities for connection.

**Yoga Space
Stamford |**
845 Canal Street,
Stamford



Members: FREE!
Non-members: \$10 *

** Non-members who pay \$10 and become a WBDC Member at the event pay only \$65 for 1st year of membership (normally \$75)*

Register Now!

www.ctwbdc.org