

**“One day, can change your whole life!”**

[www.globalwellnessday.org](http://www.globalwellnessday.org)

# GLOBAL WELLNESS DAY



## Whitefish Events:

A day filled with a variety of wellness activities **FREE** of charge for all!

**The Springs at Whitefish on Saturday, June 10th 2017**

9:30am-10:00am Community Walk  
10:00am-12:00pm Activities & Self-Care Stations

### Experience lively activities and self-care stations.

- Acupuncture
- Massage
- Nutrition
- Body Care & Meditation
- Aromatherapy
- Balance Training
- Tai Chi
- Zumba
- Qigong
- Aerobics
- Yoga
- OULA

