



*Elevate 2 Wellness*  
*Mindset/Meditation Elevation*  
*Workshop*

**It's time to get your Mind Right!**

**Come join us for an insightful mindfulness meditation session and workshop geared to help you align your thoughts, words and actions!**

Learn to set positive intentions with a powerful 15-minute guided meditation and workshop on easy-to-do daily mindfulness habits that bring clarity and purpose from the inside out!