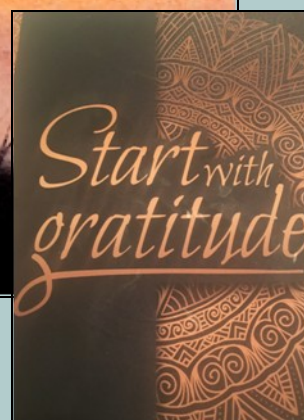
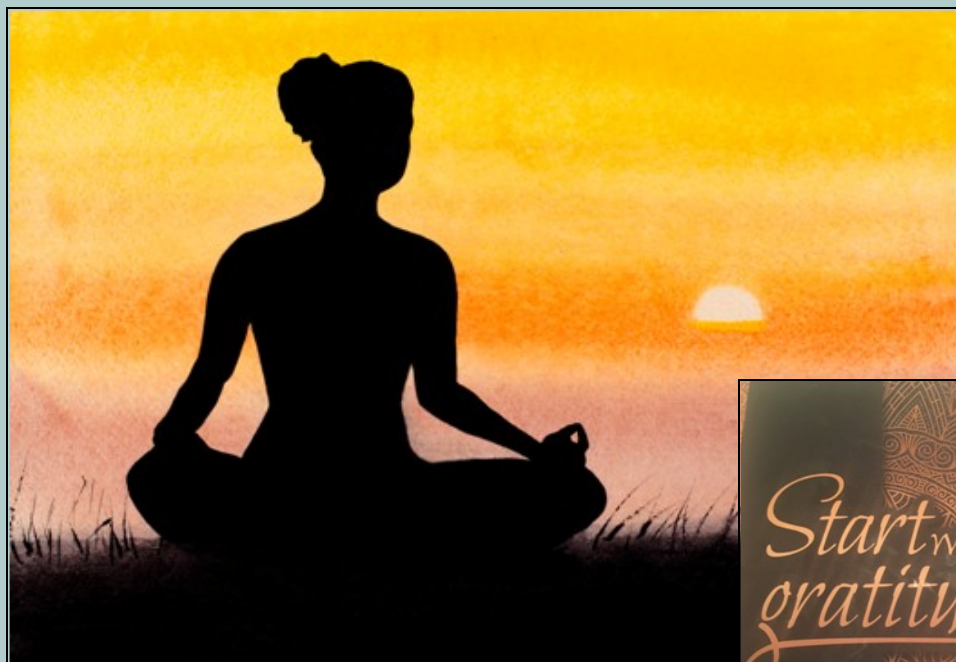


# LIFE-CHANGING PRACTICES TO PROMOTE WELLBEING



**DATE:**  
**TUESDAY, JULY 9, 2019**

**TIME:**  
**6:30-7:30 P.M.**

Sponsored by:

Maplewood Public Library  
7550 Lohmeyer  
Maplewood, Mo. 63143  
314-781-2174  
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Life can sometimes be a struggle or a daily grind; no matter how we try to maintain positive attitudes and good health. In this class you will learn about the power of adopting simple health-enhancing practices that can be done daily. Activities such as: meditation, practicing gratitude, and establishing morning and bedtime routines. Certified whole health coach Gayle Rose will share guidance and practical tips as well as some hands-on practice for getting started with these powerful life-changing practices to promote your overall wellbeing.

**This is part of a quarterly class on topics related to health and wellness.**