



Swire and DeNatura Wellness present:

A week of "wellth"

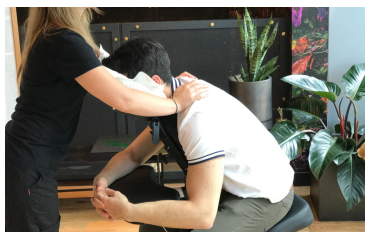
5 days of fun and useful wellness initiatives to inspire a healthier and happier you

May 21 - May 25 • 4th floor • 12:30PM



Your health is your "Wellth"

Join us with DeNatura Wellness
on a wellness journey to relieve stress,
improve posture and encourage happiness



Monday MAY 21: MINDFULNESS choose from 12:30PM or 1:00PM

Tuesday MAY 22: NUTRITION to avoid disease at 12:30PM

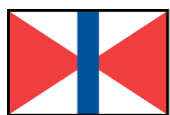
Wednesday MAY 23: ERGONOMICS improve posture at 12:30PM

Wednesday MAY 23: YOGA stretch for happiness at 5:00PM

Thursday MAY 24: FITNESS shake-it Bollywood style at 4:30PM

Friday MAY 25: BODYWORK workshop at 12:30PM

Friday MAY 25: MESSAGES for pain / stress relief 11:00AM-3:00PM



SWIRE



deNatura
WELLNESS

(305) 814 - 9818

info@deNaturaWellness.com