

Your health is your "Wellth"



Swire and DeNatura Wellness invite you
on a week-long wellness journey to relieve stress,
improve posture and inspire a healthier and happier you!

May 21 - 25 • 4th floor • from 12:30PM



Mon MAY 21 - MINDFULNESS: experience it at 12:30PM or 1:00PM

Tue MAY 22 - NUTRITION: debunking food myths at 12:30PM

Wed MAY 23 - ERGONOMICS: improve your posture at 12:30PM

Wed MAY 23 - YOGA: breathe, stretch and be happy at 5:00PM

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

Fri MAY 25 - MASSAGE: why and how it benefits you at 12:30PM

Fri MAY 25 - MASSAGE: experience it from 11:00AM - 3:00PM

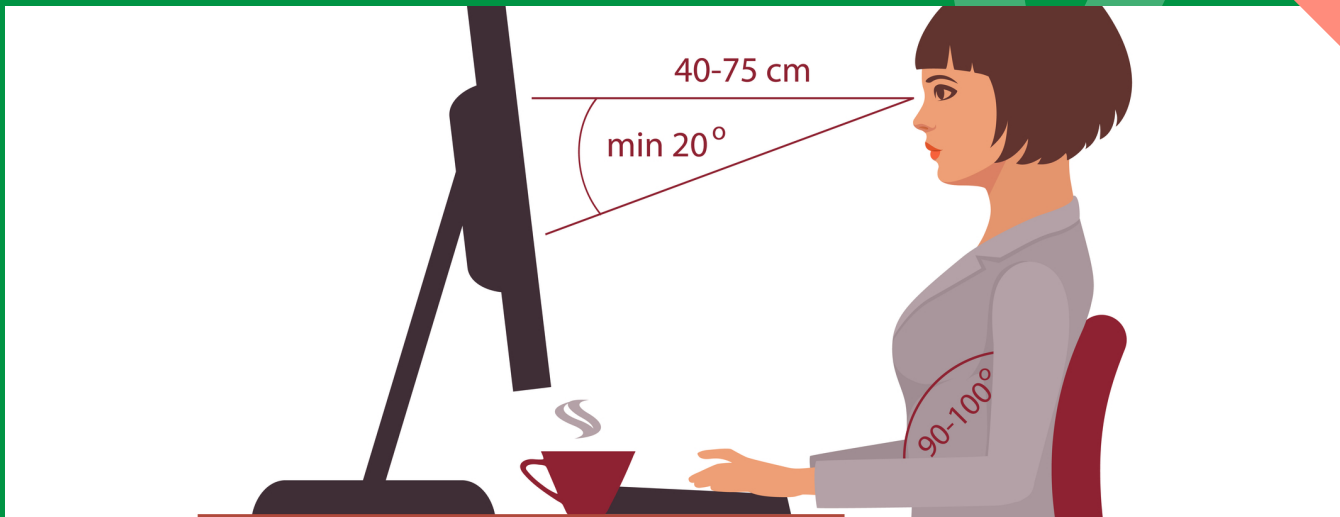
(305) 814 - 9818

info@deNaturaWellness.com

WEDNESDAY: 3, 2, 1 ... relax!



deNatura™
WELLNESS



Learn all about improving your posture!

May 23rd • 4th floor • 12:30PM



Join us for YOGA: breathe and unwind

May 23rd • 4th floor • 5 - 6PM

FRIDAY: hmmm...massage!



deNatura™
WELLNESS



Learn tricks to massage yourself and prevent neck, back, shoulder and headache pain

May 23rd • 4th floor • 12:30PM



Receive a stress-relieving treatment

May 25th • 4th floor • 11AM - 3:30 PM