



St. Vincent Ferrer  
— School —

# Health & Wellness

**Thursday, May 2**

**6-8pm**

**Kyte Hall**



## Join Us!

Join us for an evening of Health & Wellness led by two SVF Alumnae; Lauren Prieto of Invited Psychotherapy and Coaching and Marissa Grott of And Then There Was Well Yoga Studio.

The evening will start with Lauren as she shares strategies for stress management, resiliency and well being. Afterwards, we will be led in a yoga session by Marissa.



## RSVP

Cost is complimentary and is a 21+ event with limited spacing. Please let us know if you can attend by your RSVP. Call the school office or scan the QR code to reserve your spot. Yoga mats will not be provided.

