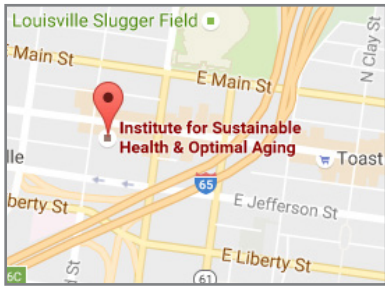


Relax & Refocus: 20 Mindful Minutes

A calm place to be.

Location:



The Institute for Sustainable
Health & Optimal Aging

300 E Market Street, Suite 200
Louisville, Ky 40202

(502) 852-5629
www.OptimalAgingInstitute.org

Time:

Every Tuesday

12:30pm to 12:50pm



relax &
REFOCUS

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING