



Bright Day

A MS Women's Wellness Program

Date- March 10th,
2018

Place- Mercy
Center, 2039 N.
Geyer Rd., St.
Louis, MO 63131

Time- 9AM to 4PM
includes free lunch

Learn and participate in
each of the following
activities

- ***Healthy diet & discussion!***
- ***Art Expression!***
- ***Yoga!***
- ***Mindful Meditation!***

And much more!!!

Please Register by February 23rd, 2018

msbrightspotsofhope.org



“Be Inspired, Live Hopeful.”