



# Guided Relaxation and Mindfulness Session

Feel rejuvenated with this guided session and wellness techniques from Deep Poni, Personal Trainer, Yoga Instructor, and Health Coach.

## Guided Relaxation and Mindfulness Session

Wednesday, May 22

12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

