



TIDEWATER ARTS OUTREACH

presents



# Health and Fitness with Fit Goddess Tribe Friday, June 13th at 2:00 PM

**Mind-Body Team Wellness Experience empowers faculty, staff, and students with tailored workshops in yoga, breathwork, strength training, and stress management. The program fosters resilience, boosts brain health, and promotes healthy living. Don't miss put on this healthy fun!**

IN PARTNERSHIP WITH:

