



SPRING 2024 - All Classes are FREE!

MONDAY

1 - 2:15 pm : Connections - 12 Step Healing Group

by Brene Brown, CHWs & Rev Dr Leslie Whited

Begins March 5th

Tuesday

9 - 9:30 am : Yoga - Maysa

9:30-10:15 am : ESL - Connie & Becky

10:15 am - 12 pm(noon) : "Creating Better Health" - Dr Noor

1-2:15 pm : Meditative Crafts for Health - Nissi-Begins March 6th****

Wednesday

9 - 11 am : ESL - Nissi

1-2:15 pm : Wellness Class - NDDP - Nissi

Classes are held at MOSAIC: 3278 South 540 East South SLC

Phone: : 801-721-2641 / 801-703-3274 (Bilingual line)

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