

KANSAS WELLNESS WORKSHOP and VOLUNTEER RECOGNITION



ALL AIR FORCE AND ARMY GUARD VOLUNTEERS

Please join us!

for a

Fun Day

filled with

Wellness

followed by

a

**Volunteer Recognition
Ceremony!**

WELLNESS WORKSHOP WILL INCLUDE:

*Stay Safe as a Volunteer
Benefits of Being a Volunteer
Volunteer Recognition Ceremony
Appreciation, and Recognition
of Accomplishments*

*Catered in Meal
Door Prizes
Give Aways
Trivia*

THINGS TO LOOK FORWARD TO:

*Wellness
Life Enhancement
Self-Care
Leisure Time
(To explore the gardens)*

Guest Instructor: Adrian w/Siva Yoga Studios on Relaxation Techniques
Guest Speaker: Sandy w/Military and Family Life on Being Mindful

DATE:
April 29, 2017

TIME:
9:00 AM - 3:00 PM

ON SITE REGISTRATION:
8:30 AM - 9:00 AM

LOCATION:
Botanica Gardens
701 Amidon Street
Wichita KS 67203

ONLINE REGISTRATION:
www.jointservicesupport.org/Reg/24W132

*Make sure to wear
comfortable casual attire
for the best relaxation
experience and garden
exploration*

FOR MORE INFORMATION CONTACT

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**NATIONAL
GUARD**
FAMILY PROGRAM