



SEQUOIA
WELLNESS

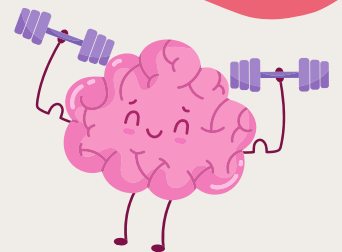


Stop By and Make A...

VISION BOARD

Workshop

Join our fitness staff to make a vision board for 2026! Identify and apply your vision to your very own vision board to carve the path to reaching your goals in 2026!



JANUARY 13TH
11 - 1PM

NEW Center Atrium

FREE!

Participants will receive a small poster board to decorate with inspirational quotes, newspaper clippings, and more!



Questions?
Contact Maureen
Laubacher

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