Mind, Body and Spirit Conference
Focusing on Health and Well-being

Thursday, November 12, 2015

at the
O'Fallon Park Recreation Complex
4343 West Florissant Road
Saint Louis, MO 63115

This experience is designed to empower minority individuals to be more proactive in regards to their health and well-being. Sessions include:
— Fitness and Wellness
— Mental Health
— Positive Spirit
— Homeopathic Remedies and more!

To register or for more information, please contact (314) 867-4915

This event is sponsored by Lincoln University Cooperative Extension’s (LUCE) St. Louis Urban Impact Center (SLUIC) in collaboration with the O'Fallon Park Recreation Complex YMCA.

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