

**Region 8 - Women's Leadership Network  
Presents:**

## **Learn the Keys of Staying Balanced**

April 27, 2015

Santa Clara Office of Education - Milpitas Room

3:00 p.m. - 5:00 p.m.

Free to WLN members, \$10 for non-members. Register online only:

<http://goo.gl/forms/81NF3qfajs>



Learn and practice on-the-go techniques to help with stress management, including chair yoga and breathing with special guest Prajna Vieira! Work attire okay. Healthy refreshments will be served. Bring an open mind. Namaste!