

Start the Year the Healthy Way
Wellness Does Wonders!

Saint Helen Philoptochos

**Membership
Brunch**

Saturday, February 1, 2025

10:00 am - 1:00 pm

C. G. Pappas Hall



Learn how to have harmony in mind, body, and spirit through movement
The ESO Way – Transform Within with **Vasiliki Kypreos Priebe**,
gymnast, yoga, pilates, and holistic health coach.

A hands-on approach for all ages.

Also, hear about plans for the year
and share your ideas.

Children welcome and encouraged.

Fun activities provided.

**Enjoy complimentary mimosas
and a delicious brunch.**



Kindly RSVP by Tuesday, January 28
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