

MARCH

1



WE HEARD HER AT THE NATIONAL PHILOPTOCHOS CONVENTION — NOW SHE'S COMING TO HOLY CROSS! PLEASE JOIN US FOR AN INSPIRING PRESENTATION WITH VAS PRIEBE

Philoptochos Membership Event — Wear comfortable clothes — Light lunch will be served

RSVP akoros@comcast.net or 650-787-5081

10:30 am, Saturday, March 1
The Oaks at Holy Cross Church, 900 Alameda, Belmont, CA

The 5 Keys to Physical Wellness

Discover how to **move, breathe, and thrive** with Vas Priebe! In this uplifting session, you'll learn how to: **✔ Create space for better movement; ✔ Build strength for everyday life; ✔ Boost heart health and energy; ✔ Embrace longevity with smart habits; ✔ Find joy in movement and make wellness sustainable! Don't miss this opportunity to make wellness fun, fulfilling, and a part of your life!**

Discover more about Vas and her approach to wellness at eso-transform-within.com

Join Holy Cross Philoptochos at goholycross.org/Philoptochos/Join.aspx