

OCEA MEMBERS ONLY

RESOURCES FOR YOUR PERSONAL AND PROFESSIONAL LIVES



A HEALTHIER, HAPPIER YOU!

NOON-1 P.M. THURSDAY, FEB. 27, 2020

OCEA ASSEMBLY ROOM, 830 N. ROSS ST., SANTA ANA, CA 92701

Learn how changing behaviors, connecting with others, and caring for yourself will lead to a healthier and happier you through exercise, self-compassion and mindfulness.

PRESENTED BY
AKUA
Mind & Body

PLEASE RSVP BY EMAILING RSVP@OCEA.ORG.

Lunch will be provided. Complimentary parking available in the Diamond Parking lot in front of OCEA but is limited so please carpool.



ORANGE COUNTY EMPLOYEES ASSOCIATION

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