

# WELLNESSESSWORKSHOPS

## JANUARY

**Tobias the  
Therapy Dog**

**1/7  
Per 1-3**



**Stand of for  
your  
community**

**1/10  
Per 7**



**Creating a  
dopamine  
menu**

**1/14  
Per 2**



**Focus on Art**

**1/21  
Per 5**



**Discovering  
your strengths  
and values**

**1/31  
Per 8**

