



Concord Young Professionals Network (CYPN)

introduces the 2019 CYPN Wellness Series!



Are you thinking about your New Year's resolutions? Do you want to have a healthy year but aren't sure how? If one of your resolutions is to find wellness in 2019, then check out one (or all!) of these events. The 3rd annual CYPN Wellness Series focuses on many aspects of total wellness: physical, mental, social, and emotional. Whether your goal is to pick up a new healthy habit or you're looking to totally revamp your lifestyle, there's something for everyone!

CYPN is an initiative of the Greater Concord Chamber of Commerce.

QUESTIONS ABOUT THE CYPN WELLNESS SERIES?

Email: events@concordnhchamber.com

SCHEDULE OF EVENTS

Tue. January 22

5:30-6:30 p.m.

Meal Prep Made Easy

Wed. February 13

5:30-6:30 p.m.

Work Smarter

Mon. March 18

5:30-6:30 p.m.

Zentangle

Wed. April 10

5:30-6:30 p.m.

Mindfulness in the Workplace

We're bringing back *Yoga on Main* in May and we've got something special planned for June – stay tuned!

For more details and full course information visit

www.ConcordNHChamber.com/CYPN

and be sure to follow CYPN on Facebook, Twitter, Instagram and LinkedIn for event updates!