

# SELF CARE ROOM

located in Fireside

**WE ARE THRILLED TO HAVE A ROOM  
DEDICATED TO SELF-CARE THIS YEAR!  
VISIT THIS TRANQUIL SPACE ANYTIME IF  
YOU ARE IN NEED OF A QUIET SPACE TO  
JOURNAL, MOVE OR STRETCH, AND  
DECOMPRESS.**

**CHECK THE SCHEDULE FOR YOGA AND  
MEDITATION TIMES!**