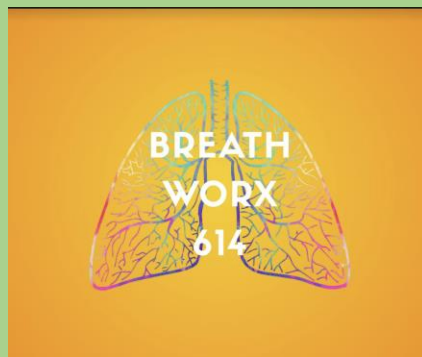




**Zonta Club
of Grove
City **virtual**
meeting on
**Thursday,
January 11,
2024 at 7:00
p.m.****



What a better way to start the New Year than with Tiffany Berger, the creator of Breathworx614! Tiffany will guide us in a mini-breathwork experience to reduce stress, create calm in our life, and cultivate a mindset of well-being.

Tiffany recommends creating a relaxed environment for this experience, so consider wearing comfortable clothing and prop yourself and computer on your couch or favorite chair. Let's embrace our well-being!

Zoom link to follow in the new year.