

# Art and Total Life Fitness

A *Living Fit* retreat for female Veterans  
April 3-5, 2020

Featuring skills for *Living Fit*

mindfulness, self and group  
empowerment, stress reduction,  
creative self-expression and problem-  
solving, personal growth



**Rose Haven Center for Healing**  
**219 E 3rd Street**  
**Washington NC**

Pamlico Rose

For more information or to register, contact:  
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