

## FRIDAY

PM ● Operation Gratitude

11:00 ● Mindful Meditation w/aroma  
therapy

1:30 ● Sit and Be Fit

2:00 ● Electronic Art Exhibit

3:15 ● Thymeless

6:00 ● Evening Matinee  
Embrace

● Connect  
● Contribute  
● Feel  
● Grow  
● Move