

MARCH

1



**WE HEARD HER AT THE NATIONAL PHILOPTOCHOS CONVENTION — NOW SHE'S COMING TO HOLY CROSS! PLEASE JOIN US FOR AN INSPIRING PRESENTATION WITH VAS PRIEBE**

**Philoptochos Membership Event — Wear comfortable clothes — Light lunch will be served**

**RSVP [akoros@comcast.net](mailto:akoros@comcast.net) or 650-787-5081**

**10:30 am, Saturday, March 1  
The Oaks at Holy Cross Church, 900 Alameda, Belmont, CA**

### **The 5 Keys to Physical Wellness**

Discover how to **move, breathe, and thrive** with Vas Priebe! In this uplifting session, you'll learn how to: **✓** Create space for better movement; **✓** Build strength for everyday life; **✓** Boost heart health and energy; **✓** Embrace longevity with smart habits; **✓** Find joy in movement and make wellness sustainable! **Don't miss this opportunity to make wellness fun, fulfilling, and a part of your life!**

**Discover more about Vas and her approach to wellness at [eso-transform-within.com](http://eso-transform-within.com)**

**Join Holy Cross Philoptochos at [goholycross.org/Philoptochos/Join.aspx](http://goholycross.org/Philoptochos/Join.aspx)**