



**HAPPINESS**  
GUARANTEED IN 30

# 2022 MAY WELLNESS SERIES

PRESENTED BY THE BCBA MENTAL HEALTH & WELLNESS COMMITTEE



*Join us throughout the month of May for a series of events designed to leave you feeling more grounded, balanced, and happy. Join our Happiness Movement and let's stay well together.*

## SERIES INFORMATION:

WEDNESDAY 5/4 @ 5:30PM (ZOOM)  
HAPPINESS IN 30 KICK OFF EVENT

FRIDAY 5/13 @ 10:15AM (LIVE)  
BENCH AND BAR CONVENTION:  
STAYING MENTALLY GROUNDED

TUESDAY 5/17 @ 12PM (ZOOM)  
MINDFUL MEDIATION WEBINAR

TUESDAY 5/24 @ 12PM (ZOOM)  
MINDFUL LITIGATION WEBINAR

TUESDAY 5/24 @ 6PM (LIVE)  
YOGA FOR LAWYERS SERIES:  
MEDITATION, BREATHWORK & YIN YOGA

FOR MORE INFORMATION & TO RSVP:  
[WWW.BROWARDBAR.ORG/CALENDAR](http://WWW.BROWARDBAR.ORG/CALENDAR)