

Rise Up **RAFFLES**

3 for \$5 / 10 for \$10 / Armslength for \$20

Only at Life of Joy Day!

So far...

Life coaching - with True You, Navigating Through Change

4 Class Pass - Crofton Yoga

Private Gestalt Coaching Session - Equispirit Coaching

Wellness Consult & Movement Screening - Merritt Athletic Clubs

Infrared Sauna Session & Float - Red Lotus Float Spa

Professional Organizing & Life Coaching - JK Organizing LLC

Weekend of Pet Sitting - Exotic Pet Pals LLC

\$250 Gift Certificate - Maid Healthy

Pedicure Treatment - Christina Joseph

Winners will be drawn at LOJ Day around 2:30PM

Plus lots of great door prizes called through the day!

#holisticmentalhealth #suicideprevention

