



# Wholistic Wellness *Gathering*



simple yet effective tools to  
enhance our daily living  
with *sumr*



**RSVP:**  
*sumr soudi breez*  
[soothinglife18@gmail.com](mailto:soothinglife18@gmail.com)



Saturday  
July 11, 2026  
10:30 am to noon



First Presbyterian  
120 Church St  
Burnsville, NC 28714



All are welcome!

