



VEBA

RESOURCE CENTER
HEALTHY REBOOT



MOVEMENT



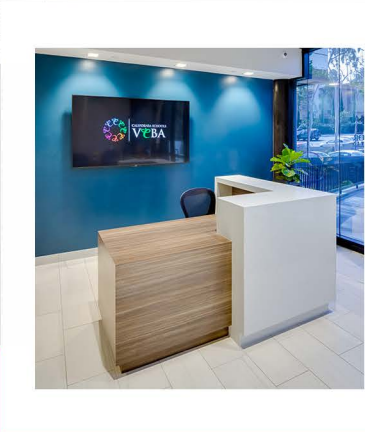
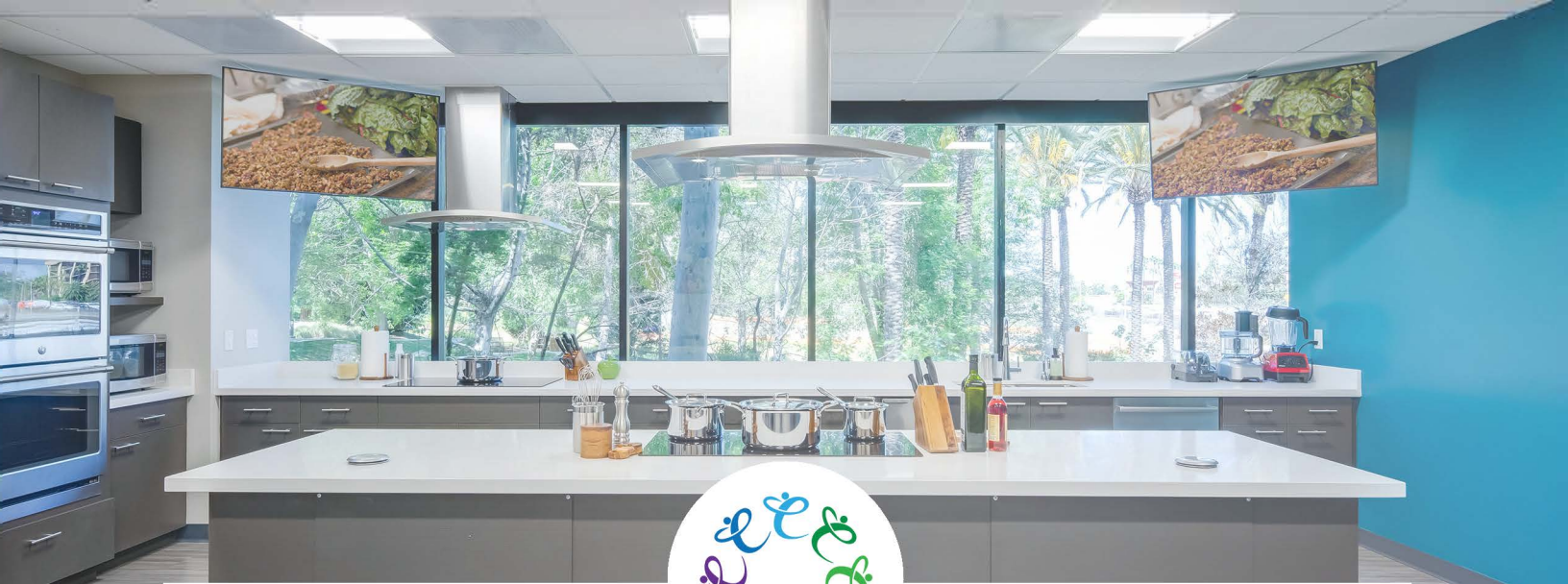
EDUCATION



STRESS
REDUCTION



NUTRITION
AND COOKING



WHAT IS THE VEBA RESOURCE CENTER?

The VEBA Resource Center (VRC) was designed to help VEBA members manage their well-being through a wide range of programs and services focusing on a holistic approach for each individual member.

WHAT IS THE HEALTHY REBOOT PROGRAM?

An all-day Saturday program with a focus on holistic health and well-being. This program will introduce all of the services offered at the VRC, inclusive of:

- Movement
- Stress reduction
- Education
- Nutrition & cooking

*Child care available upon request
Healthy snacks and lunch will be provided
Pre-registration is required*

WHAT WILL I BE EXPECTED TO DO?

Attendees will be asked to participate in small-group movement classes such as yoga and mobility. In addition, participants will have the opportunity to try acupuncture and meditation and receive printouts of their SECA full-body composition analyses.

WHAT SHOULD I WEAR?

Please dress in active wear with comfortable shoes

WHEN IS IT?

Saturday, 9:00am - 3:30pm - 2020 dates:

Jan 11	May 2 & 16	Sept 19
Feb 1	Jun 6 & 20	Oct 3 & 17
Mar 7 & 21	Jul 18	Nov 7 & 21
Apr 4 & 18	Aug 1 & 15	Dec 5

WHERE IS IT?

VEBA Resource Center
1843 Hotel Circle South
San Diego, CA 92108

CONTACT US TO REGISTER: VRC@mcgregorinc.com / (619) 398-4220