

Join us for Live Webinars with Anne Cutler
Certified Yoga Instructor and Reiki Master

Mindfulness Through Breathing Exercises

Wednesday, March 23rd – 1^{PM} PDT / 2^{PM} MDT

Please click the link below to join the webinar:

<https://uso6web.zoom.us/j/81507664617>

Webinar ID: 815 0766 4617

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Guided Meditation

Wednesday, March 30th – 1^{PM} PDT / 2^{PM} MDT

Please click the link below to join the webinar:

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Open to residents,
staff and families

About Anne Cutler

Anne is a Certified Yoga Instructor and an Usui Reiki Master, as well as a certified Intuitive Life Coach. She holds a Bachelor of Science degree in Anthropology, with a minor in Psychology. She has spent her career helping people of all ages navigate healthy, happy and productive life paths, and loves helping clients learn to nurture themselves.

Anne will be helping us connect with our breath and learn new paths to mindfulness this month as we explore spiritual wellness topics.