



# VIRTUAL VITALITY CAFE

*"A strong family is a healthy family"*

**WEDNESDAY, OCTOBER 7, 2020**

**1:00 PM TO 3:00 PM**

**RSVP to Leona Brown  
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202.441.1537**

**These conversations engage people to focus on their holistic well-being by:**

- Giving people information about Vitality Domains—six domains of well-being that keep people healthy
- Transforming well-being from a personal struggle to a community-based journey
- Helping people reflect on their well-being and make changes to improve their lives
- Demonstrating how developing people's own well-being helps their children and families thrive

Virtual sessions are conducted by Zoom