



# Prosumers of San Antonio Monthly Meetings



**2<sup>nd</sup> Tuesday**

**&**

**3<sup>rd</sup> Friday**

**August 8<sup>th</sup>**

**August 18<sup>th</sup>**

**2:30 - 5:00 pm**

**12:00 - 3:00 pm**

**Haven for Hope**

**Center for Health Care Services**

**Volunteer Center**

**806 S. Zarzamora**

**1 Haven for Hope Way**

**San Antonio, TX 78207**

**San Antonio, TX 78207**

**-Lunch Provided-**

**-Snack Provided-**

**Everyone is welcome to attend!!**

## **Basic Wellness/ Nutrition**

A frank talk about wellness, nutrition and basic exercise. We know a lot, but we don't do it. We have invited authors of a new book on nutrition and wellness to speak. It is going to be an eye opener and a game changer as you look to bring wellness – in all forms – back into your life.

RSVP online [www.ProsumersInternational.org](http://www.ProsumersInternational.org)

A consumer led, consumer developed program that has you focus on wellness and recovery.

Questions? Call Prosumers San Antonio at 1-800-577-3795 x 804