

THE SIMA SPECTOR HEALTH CONFERENCE  
**HEALTHY FAMILIES, HEALTHY LIVES**

## Wellness with Mindfulness II

**Wednesday, Sept. 13  
5:30–8:30 p.m. Free**

**Rancho Cordova City Hall  
2729 Prospect Park Drive  
Rancho Cordova**

**Doors and Exhibitors  
open at 5:00 pm**

**A light meal will be served.**

**Must RSVP: [asmdc.org/cooley](http://asmdc.org/cooley)  
or 916 464-1910 by Sept. 6**

