

THE WELLNESS COMMITTEE OF THE BARRISTERS CLUB
INVITES YOU TO ATTEND



Wellness Wednesday:
EXPLORING
THE BARBARY
COAST TRAIL

Wednesday
May 29

6:00 p.m.
Meet @ Sue Bierman Park

This is a free event for all
BASF members.

EVENT CODE: B191250

Want to take in some fresh air while spending time with colleagues and meeting new friends? Come join us for this month's Wellness Wednesday Event:

Attorneys spend a lot of time in small offices, sitting behind desks, and attending events that are held inside. So each month we want to spend one Wednesday afternoon doing something wellness-focused—spending time outside, getting some light exercise, practicing mindfulness, or learning something new from wellness professionals.

This month we'll take a stroll along the Barbary Coast Trail, a walking path that connects local historical sights.

We'll meet at the southwest corner of Sue Bierman Park at 6pm and walk together as a group. We look forward to seeing you there!



RSVP: www.sfbar.org/calendar