



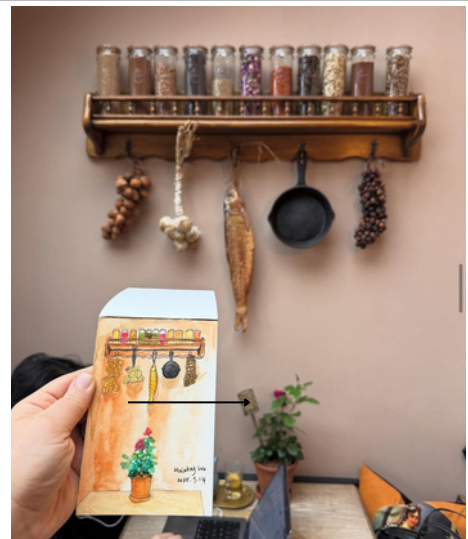
Welcome into our vibrant world with this month's newsletter!



**A big bowl of brightness, it gathers tender mixed greens, a softly boiled egg, crumbled feta, ruby pomegranate seeds, pistachios, and a snowfall of sesame, all kissed by a tangy blend of sumac and pomegranate molasses; a vegetarian feast that feels both light and lavish, like a garden celebrating itself in every bite.**

## *Creative Heaven*

*When surrounded by art,  
you are creative!*



Our healthy-lifestyle workshop turns its focus to the power of social connection—how the people we gather with, speak to, and lean on shape our wellbeing as much as food or movement ever could. Through gentle discussion, shared reflections, and simple evidence-based practices, we explore how meaningful relationships reduce stress, strengthen resilience, and bring more joy into daily life.

