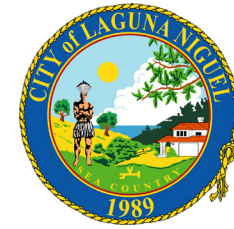


# Supporting Behaviors Through Social Transitions

## Rebuilding Our Social Muscles



City of  
Laguna Niguel

In Partnership  
with



Join our **FREE Wellness Wednesday Workshop**

**JUNE 30 @ 5PM PST**

Register at: <https://bit.ly/LNWellnessWorkshops>



**HOST - Mara James, BA**  
Founder & CEO  
Extraordinary Lives Foundation



**Brett Patterson, PhD**  
Clinical Psychologist  
Founder, Progressive Interventions



**Sandy Avzaradel, MS Ed.**  
Content and Training Specialist,  
Start Well Director, Early Childhood OC



**Renata Ururahy MS, CBP**  
Body-Mind Therapist,  
Holistic Nutrition,  
Yoga & Mindfulness Teacher

