



# April 9, 2024 – Wellness Tools for the Trades

Join the ASSP Greater San Jose Chapter as we will have Sarah Warhaftig present on Wellness Tool for the Trade

## About the Presentation

Wellness Tools for the Trades is an interactive and exploratory workshop designed for tradespeople to learn tools to live healthier lives. The workshop explores multiple topics: mental health first aid, stress management, mindfulness, yoga and nutrition as well as an all level yoga class. The class set up and design is fostered for all participants to be able to share, and participate in a supportive and encouraging environment.



**Where:** OSHA Training Institute  
Education Center  
5860 Owens Dr., 3rd Floor,  
Pleasanton, CA 94588

**When:** April 9, 2024

**Time:** 12 to 1 PM PDT

**Cost:** Free

**Reservations:** Click [here](#)