
WELCOME SUMMER!

Good Afternoon,

The heat is turning up as we enter the summer months. At B.I.G. we welcome Dr. Sheila Salama to the stage this month to talk about peak performance and mindset.

We also welcome a Week of Wellness at Grow Wellness during the week of June 18th. Join an evening yoga class designed for us and take advantage of the many wellness offers at the studio.

We wish you well as school closes and you get ready for the dog days of summer. Plan for a fun one!

Cordially,



Director, B.I.G. Connecticut
bigconnecticutregion.com

The summer night is like a perfection of thought.

— Wallace Stevens

JUNE EVENTS

Take Control of Your Unconscious Thoughts



Sheila Salama, MD
Psychiatrist

Friday
June 2, 2023
11:30 am - 1 pm
Jill Rae Designs Studio
19 Governor St.
Ridgefield, CT

June 2nd
Jill Rae Designs Studio

— EXCLUSIVE SPECIAL — BIG's Wellness Week

An Exclusive Special  **BIG'S Wellness Week**
GROW WELLNESS
June 18th - June 24th
15% Off All Sessions, Classes & Shop
all week long!!
SPECIAL EVENT:
Manifesting Universe Connection Class
June 20th 6-7:30pm

The graphic includes three images: a person's back being massaged, a woman with a purple flower on her forehead, and a woman in a spa setting.

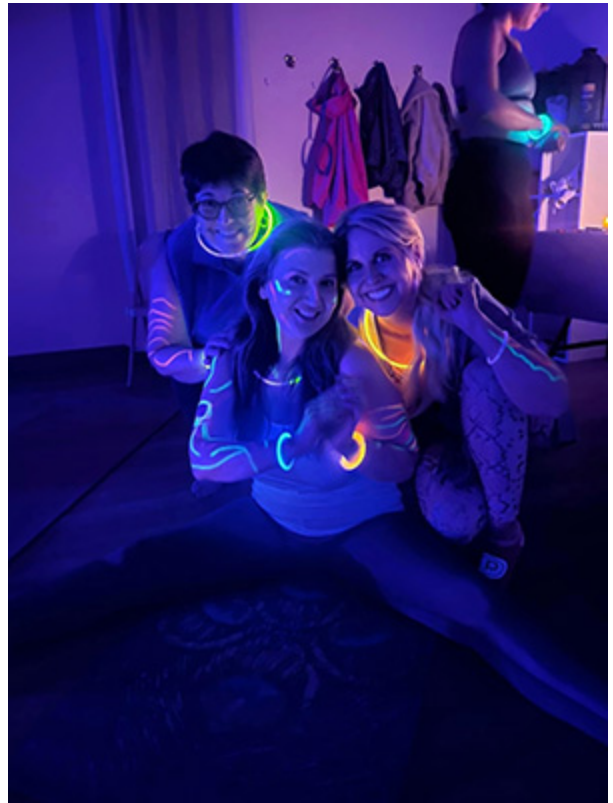
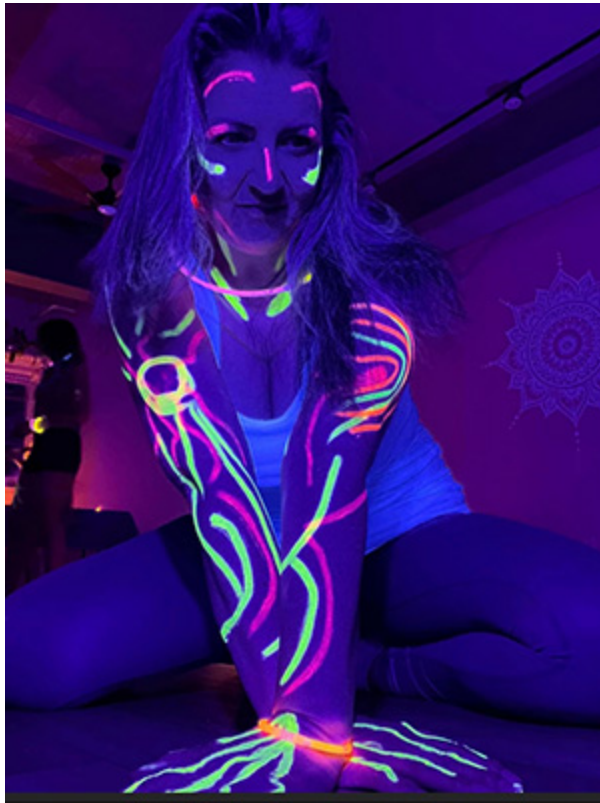
June 18-24th
Grow Wellness

[Register for June Events Here](#)

SCENES FROM MAY

Glow In The Dark Yoga





SAVE-THE-DATE

Our next Pod Meeting will be on July 20th -- stay tuned for more details!

ABOUT B.I.G. CONNECTICUT

B.I.G. Connecticut is a woman's empowerment community that provides members the inspiration, community and tools to move their personal and professional lives forward.

Please join us for an event and see what we are all about and how we can help you grow your business. Contact bigconnecticutregion@gmail.com to learn more!

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