



# Terp Talk: Know Thyself: Heather Beck

The importance of self awareness and mindfulness impacts our daily work as Interpreters. Together we will learn how to fine tune our mind, body and spirit to maintain overall health and longevity in the field of Interpreting.

April 20th 11:30-1:30PM

Free for Members  
or \$35 for non-members

Harmon's Grocery Store  
200 North Station Park Way  
Farmington, UT 84025

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