



HIVE presents Life Skills

# Discover the Power of Mindfulness

with Dr. Matthew Silverstein

**Thursday, April 16, 2026**

Dinner: 6:00 pm - 6:30 pm

Presentation: 6:30 pm - 7:30 pm

**Plummer Park - Fiesta Hall**

1200 N. Vista St.

West Hollywood, CA 90046 **RSVP**

Call Emmanuel at **213.201.1547**

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