

Young Adult Buddhist Association and
BCA Center for Buddhist Education present

YABA Spring Seminar:

Emotional Awareness for Self and the Community

Saturday, May 4, 2019

San Mateo Buddhist Temple

2 S Claremont St

San Mateo, CA 94401

**Join us to discuss mental health, wellness, and
Jodo Shinshu Buddhism**

For: All who are 18+

When: 10:00AM-5:00PM

Lunch Provided: Buddha's Banh-mi and Boba Bar

Early Registration: \$25 (until April 14)

Late Registration: \$30 (April 15-May 4)

Register here: rebrand.ly/yabaspringseminar

Contact the CBE office at (510) 809-1460 for further information