## WOMEN OF BEECHTREE, LIMITED

Feeling anxious or overwhelmed by the current state of our economy?

Let's talk about that

## Self Care Check in SUNDAY, MAY 18, 2025 6 PM

Join WoB for a <u>FREE</u> virtual workshop as we learn tools and techniques to become more purposeful in a chaotic world.

Facilitated by Beverly Rouse, Licensed Clinical Professional Counselor, specializing in Trauma Care



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Register using this code today!

