MENTAL HEALTH AWARENESS

IS ESSENTIAL TO EVERYDAY LIFE!!

JOIN US IN:

"STEPPING UP SELF-CARE"

SATURDAY, JUNE 24, 2023@ 10AM
"STEPPING UP SELF-CARE"

A MENTAL HEALTH AND SELF-CARE WORKSHOP THAT FOCUSES ON LEARNING TO CARE FOR YOU.

- LET'S DISCUSS WHAT MENTAL HEALTH MEANS.
- LET'S TALK ABOUT SELF CARE & WELLNESS.
- LET'S LEARN LESS STRESS & MORE HAPPINESS.

SPONSORED BY: YELLOW HAVEN

LET'S TALK AND REMOVE THE STIGMA AROUND MENTAL HEALTH!!

-SELF CARE IMPROVES MENTAL & PHYSICAL HEALTH
-SELF CARE REDUCES STRESS AND ANXIETY
-SELF CARE LEADS TO BETTER RELATIONSHIPS AND MORE JOY

CREATE YOUR OWN SELF-CARE VISION BOARD!!

LET'S CHAT & CHEW WHILE YOU BECOME A BETTER YOU!!

ICE BREAKERS, DOOR PRIZES, FOOD, FUN, AND FELLOWSHIP!!!

Join Us:

Saturday, June 24, 2023
10am-12noon
@
Immanuel Church of God
297 W Mulberry Street
Durant, MS 39063