

Self Care Painting Workshop

JANUARY 28 • 7 - 8 PM • ZOOM

PAINT IN THE COMFORT OF YOUR OWN HOME WHILE LEARNING VALUABLE TOOLS
TO MANAGE STRESS AND RECOGNIZE THE BENEFITS OF SELF CARE.
PRE-REGISTRATION REQUIRED. SPACE IS LIMITED. SIGN UP ONLINE AT:

<http://bit.ly/selfcare-workshop2020>

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