



Let's Talk

Talk. Share. Learn.

This holiday season give yourself the gift of

SELF CARE & WELLNESS



If you are a caregiver, counselor, parent or helper or other who is always giving to others, join us for a time to look after YOU:

- Focus on ways to relieve stress
- **Free Chair Massage**
- Mental health and wellness promotion
- A gift to you, so you can be your best self!

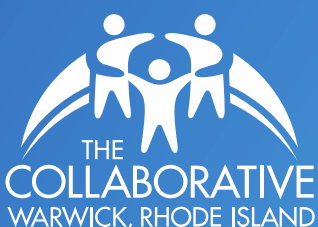
Workshop presented by



**Monday, March 23rd
6 – 8 pm**

**Warwick Public Library
600 Sandy Lane
Warwick**

**Refreshments
Resources**



**Kent County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



Rlprevention.org/kent-county