

# 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
- Mental health and wellness promotion
- A gift to you, so you can be your best self!

A Workshop by  
PeaceLove

**December 17th  
6 – 8 pm**

**Warwick Public Library  
600 Sandy Lane  
Warwick**

**Refreshments  
Resources**