MENTAL HEALTH

MENTAL HEALTH DAY AT THE NORTH WALES AREA LIBRARY

EVERYONE WELCOME

ON OCTOBER 5TH

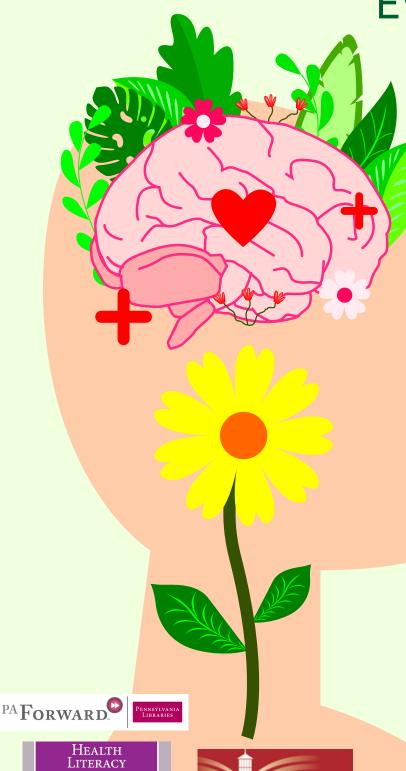
MENTAL HEALTH IS JUST AS
IMPORTANT AS PHYSICAL HEALTH. IT
AFFECTS HOW WE THINK, FEEL, AND
ACT. TAKING CARE OF OUR MENTAL
HEALTH IS ESSENTIAL FOR OVERALL
WELL-BEING. TAKE THE TIME AND
RECHARGE AND REFOCUS ON YOUR
MENTAL HEALTH AT THE LIBRARY!



- YOGA (10:30-11:15) YMCA
 INSTRUCTOR
- MEDITATION (1:00-1:30) PLEASE WEAR A MASK FOR THIS CLASS
- ENERGY HEALING (1:45-2:15)
 PLEASE WEAR A MASK FOR THIS
 CLASS
- ANIMAL COMMUNICATIONS 2:30
 BENEFITS OF REMAINING FIT AS A

SENIOR CITIZEN

GET YOUR BLOOD PRESSURE
READ!
GET INFORMATION ON MENTAL
HEALTH!
PET A THERAPY DOG!



Information Literacy