

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!

PA FORWARD.

PENNSYLVANIA
LIBRARIES

HEALTH
LITERACY

CIVIC AND SOCIAL
LITERACY

INFORMATION
LITERACY

