

Building a Healthy Mind

September 5 - October 17



Topics you will learn about:

Week 1: Stress Management
Anxiety/Depression

Week 2: Self Care
Relaxation/Meditation

Week 3: Mindfulness

Week 4: Relationships

Week 5: Relationships continued

Week 6: Workplace Mental Health

Week 7: Resources and Next Steps

Location:

Ashburn Library
43316 Hay Rd.

Time:

Tuesdays
6:30-8:00pm

For more information, please contact:

Maria Flores at
info@loudounliteracy.org
or call (703) 777-2205

**Scan the QR code
to register!**

