

# Self-Care Workshop!

**Prepare for your adventure -  
body, mind, and heart!**

**Friday, October 3, 2025  
10:00 a.m. - 4:00 p.m.  
@ the YWRC; for teens!**

Self-Care Workshop is free and lunch is provided. Transportation is available for those within 7 miles of the YWRC.

Space is limited. To register, go to:  
[ywrc.org/programs/selfcare-wksp](http://ywrc.org/programs/selfcare-wksp)  
or scan the QR code on the right.

