

Self-Care Workshop!

**Build your emotional
intelligence, breath work,
and healing yoga skills!**

**Friday, September 18
11:00 a.m. – 5:00 p.m.
@ the YWRC; for teens!**

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

Space is limited. To register, go to:
ywrc.org/programs/self-care-workshop or scan the QR code.

