

Generation HOPE Youth Clubhouse

A Community-Focused Workshop Series from CAPE

Stress Reduction Workshop

We've all heard of self care, but what does it look like to you? Learn simple and effective tools, including acupressure (ear seeds) and guided meditation to support your well-being.

Thursday, February 27th



NO EXPERIENCE NECESSARY

Join us 5-6 pm for this FREE workshop, and please bring your own cushion or pillow, as well as a yoga mat, blanket, or towel.

SPOTS ARE LIMITED!!! RSVP by 2/21



31 Marshall Rd, Suite 3F
Wappingers Falls, NY 12590

See event details & RSVP online:
capedc.org/events

