

Generation **HOPE** Youth Clubhouse

A Community-Focused Workshop Series from CAPE

Stress Reduction Workshop

There are pressure points on the body that support your sleep, digestion, and mental clarity. Instructors will show you some of their favorites! They'll also teach you about herbs used for relaxation and immune support.

Thursday, March 6th



NO EXPERIENCE NECESSARY

Join us 5-6 pm for this FREE workshop, and bring your favorite mug to try different teas. Please let us know if you have any plant allergies!

SPOTS ARE LIMITED!!! RSVP by 2/28



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

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

