

# Health for the Holidays!

**WELLNESS FAIR**

**Yummy Food**  
**Recipe Suggestions**  
**Free Chair Massages**  
**Art & Stress Reduction**  
**Activities**  
**Hooping and More!**

*Plus bountiful resource  
suggestions to help you stay  
balanced and connected  
throughout the season!*

## **Panel Discussion**

*with community experts on:*

**Coming Out (or not)**  
**Spirituality**  
**Self-Care**  
**Financial Management**  
**Recovery**



the  
**Montrose**  
Center

**THURSDAY**  
**november 20**  
**6:00-9:30PM**

**401 BRANARD STREET**  
**RM 106/107**