



taking care
of you

body. mind. spirit.

New London Public Library

Monday, January 13th

3:00pm at the Senior Center or 6:00pm at the library

Learn tips for mindfulness-based stress reduction and gain a few practical tools for managing life's challenges. Sandy Liang of the UW-Extension will share how to cultivate positive emotions to improve resiliency to and find opportunities in life's challenges.

Call 982-8519 to register.