

Self-Care Workshop

Self-care has never been more important!

The **Mental Wellness Senior Resource Team** invites you for a gentle yoga session led by **Alison Smith**, RYT-500, a relaxing massage and an educational session on mindfulness from **Susan Gaylord**, PhD to learn about being more mindful when it comes to taking care of **YOU!**



Wednesday, June 8 • 10am - 12pm
Seymour Center, 2551 Homestead Rd, Chapel Hill, NC

**FREE
IN-PERSON
EVENT!**



Please register by **Monday, June 6,**
by calling the Seymour Center at **(919) 968-2070**
Contact Lydia Arnold at larnold@orangecountync.gov for more information.

