Gratitude → ↓ Stress

Wellness Wednesday Presentation

Wednesday, November 6, 2019

6:30 pm

Newington Town Hall

Explore how **Gratitude** and **Mindfulness** can transform **Stress** from disheartening and burdensome to uplifting and gratifying!

Presented by **Copper Beech Institute**

Sponsored by **Newington Human Services**

Call 860-665-8590 for more information