

**Tired of Feeling Stressed, Anxious,  
and Overwhelmed?**

# **Self Care and Stress Release**

## **For Busy People**

### **Mindfulness-Based Self Care Skills**

to help you release stress, strengthen relationships, build focus, ease physical discomfort, and practice greater kindness to yourself in just a few moments a day!

**Kate Forest, RYT**

Self Care & Mindful Living Teacher

**FREE**



**Saturday June 23, 2018**

**12:00 - 1:00 p.m.**

**Hampden Public Library  
625 Main St Hampden MA**

**[www.kateforest.com](http://www.kateforest.com)**

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