



NEXT CHAPTER
COUNSELING PLLC

Wisdom & Wellness

Growing Stronger Together - Mind, Heart & Life

These group sessions will provide practical tools for healthy living, opportunities for reflection and a safe, supportive environment for seniors to express themselves and be heard.

Subjects to include:

- ✓ Managing Stress
- ✓ Navigating Life Transitions
- ✓ Recognizing Emotional Needs



Thursdays in August
9am - 11am
The Center, 108 East
Washington

REGISTER ONLINE OR IN PERSON TODAY!