Special Olympics
New York

Friday, December 19th
6pm-7pm

Stay Healthy This Holiday Season: Self-Care & Stress Management Tips

Speaker: Chenique Boutelle

Licensed Clinical Social Worker, Assistant Professor, and Strong Minds Clinical Director

Join this opportunity to learn about self-care and stress management techniques, including resources and tools you can use at home!

Special Olympics New York

December Health & Wellness Forum

Register Here!

Click or Scan the QR code with your phone camera to Register

OR

Register by visiting

https://zoom.us/meeting/register/vOYND_xqT06uJYc8a1Q85A