

MENTAL HEALTH AND WELLNESS SESSION

Topics	Date and Time
Marriage & Relationship issues	September 29 th – 7.45 p.m.
Dealing with Stress, Anxiety and Anger:	October 6 th – 7.45 p.m.
Build Resilience and address Depression	October 20 th – 7.45 p.m.
Post Retirement, Transform your life:	November 3 rd – 7.45 p.m.