

FALL into Wellness



**Saturday, November 19, 2022
2pm -5pm**

Newburyport Community Center
331 High Street, Newburyport

\$5 Registration Fee

The Peer Support Committee is kicking off a fun, interactive series exploring wellness and community connections. We will watch a film 'This is Us', made by a self-advocate and discuss the topic of bullying. There will also be an informative workshop on Relaxation and Yoga.

DOOR PRIZES, SNACKS, & GAMES!

This event was made possible thanks to the support of the John and Helen Nicholson Fund for People with Special Needs.

MUST REGISTER!

<https://forms.office.com/Pages/ResponsePage.aspx?id=jOJrYeS0l0qrWBR74V0brnFOuBN6A29AoRuYvBhICKNUQTQyU0I2V0lFUzBIREIKMkxPRTlyROVZWC4u>

For more info please contact Bridget at bcrowley@thearcofghn.org or 978 373 0552 x210