

AFFIRMATIONS IN A JAR

Learn about the importance of positive self-talk while decorating affirmation jars and crafting encouraging statements.

JULY 16
3-4 PM



WHITTIER WELLNESS COMMUNITY
7643 S. PAINTER AVE
WHITTIER, CA 90602



COUNTY OF LOS ANGELES
Public Health

CCC WHITTIER
WELLNESS
COMMUNITY
LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

For Questions:
(562) 775-6104

AFIRMACIONES EN UN FRASCO

Aprenda sobre la importancia del diálogo interno positivo mientras decoramos frascos de afirmación y creamos frases motivadoras.

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