

STAY HOME for MY LIFE VIRTUAL EVENT

IT'S MY LIFE I'M GOING TO LIVE IT WELL

Thursday, February 3, 2022
5:00-6:00 p.m. Eastern

Join us for this fun and interactive event focused on how we can live healthier and happier lives, while helping others do the same.

Inspirational speakers, engaging discussions, and a variety of tips and resources related to the 8 Dimensions of Wellness.

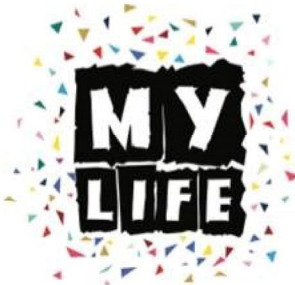


Stay Home for MY LIFE is an inspiring online event designed for youth and young adults who have experience with mental health, substance use, foster care and/or other challenges.

Free Event

Registration is required

bit.ly/mylifewell



For more information, contact:

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or visit Facebook.com/mylifeyouth

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