

Self Care

Mind, Body, & Spirit



Thursday, May 22

10:30 am – noon

**Coyle Free Library Rooftop
Conservatory, Chambersburg**

Join the Franklin County Area Agency on Aging and PennCares for this free presentation for family and grandparent caregivers. Learn the value of taking care of yourself before others as well as how to make choices that improve your daily living. Discover simple ways to care for yourself while still juggling doing for others. You will also learn ways to separate body, mind, and spirit.

Objectives:

- Understand why taking care of YOU matters
- Understand why YOU come first
- Understand body, mind, and spirit are three different things

Participants will receive a free boxed lunch at the end of the presentation.

Pre-registration is required by Friday, May 9. For more information or to RSVP, contact Erica Kershner at (717) 263-2153, ext. 23046, or ekkershner@franklincountypa.gov.

Presented By

