

Be Well and Thrive

Nurturing Self Care Together

TUESDAY EVENINGS
6:30 – 8:00 PM

APRIL 1, 8, 22, and 29
(No meeting on April 15)

A support group for adults

“Nothing ever seems impossible in spring.”

– L.M. Montgomery

Searching for a fresh start or new beginning? Are you often overwhelmed with life’s stressors, or find yourself giving to others and not making time for yourself? Would you like to explore new ways to gain a sense of balance and contentment? This group may be a perfect place to start!

This wellness group is being led by Cheryl Marino-Page. Cheryl has 30 years of professional and lived experience. She has a Bachelor's Degree from Framingham State University and works full time as a family partner, and part-time Life Coach.

Registration is required for this group. Call the Blackstone Public Library at 508-883-1931 to sign up, or for more information.