

Literary Lunch

Thursday January 19th at noon



Self Care for Humans

How can we improve our emotional well-being?
Learn how a few easy, simple practices can
improve your happiness and reduce your stress.



Dr. Kate Patten will
talk about the science
of self-care and its
importance for
emotional and physical
well-being.

You don't have to be a member of New Horizon to enjoy a
delicious meal and delightful conversation!
\$10 for a soup, sandwich and dessert