



SUPPORT YOUR MENTAL HEALTH WORKSHOP

Learn how to help
yourself regulate
mood and stress

Take a step toward better mental well-being. This FREE workshop is designed to provide tools, support, and community for anyone looking to improve their mental health.

Topics Covered:


- Understanding the body's role in mental health
- Signs of burnout, anxiety
- Tools for releasing tension such as lymphatic drainage, trigger points, tapping and more



Date & Time:

January 11, 2026
At 03:00 PM

Who Should Attend?

- Anyone age 14+ who would like to learn easy tools to reduce stress and improve mood
 - Couples who can help support each other's mental health
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wholeandholly.net
166 S Main St, Chambersburg