

When you want to give light to others,  
you have to glow yourself!



**WEDNESDAY  
FEBRUARY 5, 2020**

**6-8 pm**

**TO RSVP**

**CALL or TEXT 253-537-2145**

**Email: [acvsherry@msn.com](mailto:acvsherry@msn.com)**

LOCATION:

HOPE Center @ Boys & Girls Club  
10402 Kline Street SW  
Lakewood, Wa 98499

## **A PLAN FOR WELLNESS**

Parents/Caregivers Self-Care Workshop

Complete a brief assessment

Develop a take action plan

Set SMART goals



Planting Seeds of HOPE!

Brandi Jo Russell  
Assistant Director  
Class Instructor

Wellness  
Emotional  
Environmental  
Intellectual  
Occupational  
Physical  
Social  
Spiritual