

LIVING LIFE WELL



Join us as we explore various self-help materials chosen by group participants. Previously chosen books include *Managing Your Emotions*, *Power Thoughts*, and *Living Beyond Your Feelings* by New York Times best-selling author Joyce Meyer.

Meets on Tuesdays

12:30-1:30 PM

WELLNESS & RECOVERY ROOM

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Questions? Contact Rebecca at (269) 467-1001, x.363

Brought to you by the Wellness & Recovery Team of CMHSAS of St. Joseph County