
REMEMBER THE SUMMER, THE EASE ...
INVITING YOU TO **FREE** WORKSHOP SERIES ON
“CREATING EASE IN DAILY LIFE FOR MENTAL HEALTH”



Thursdays:
April 12, 19, and 26
Come to one or all... your choice!

Sign up at front desk, call 610-436-2510 or email cmhs@wcupa.edu
by April 10, 2018

Meeting time: 3:30-4:30 pm
Community Mental Health Services
Wayne Hall, 8th Floor

Topics ... Stress Reduction/Sleep
Nutrition
Medication and Mental Health

Sponsored by Psychology and Nursing departments