OPTIMAL HEALING THROUGH EDUCATION AND SELF-MANAGEMENT


Tuesday, November 14, 2017
6:30 - 8:30 PM
Ellicott City 50+ Center
9401 Frederick Road, Ellicott City 21042

To achieve optimal healing, a holistic approach must be implemented, taking into consideration where an individual is mentally, physically, emotionally, and spiritually.

— Ayana

Registration Deadline: Thursday, November 9

THERE IS NO CHARGE TO ATTEND THIS VALUABLE SESSION
— Light Refreshments Will Be Served —

To register, contact Earnestine Thomas
410-313-5969 (voice/relay)

If you need this document in an alternative format or need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-1234 or map@howardcountymd.gov