



Give yourself a healthy boost

Take a convenient online class

Emotional Well-Being

Date: May 12, 2022 | **Time:** 12:00pm – 1:00pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3722231/72D674ED3BCA865807DEAED08B671519>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Learn to tune in to emotions and identify self-care practices for managing mood and stress in a positive way.

For questions, contact: Jessica Houze, jessica.houze@fultoncountyga.gov

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