



SOCIAL PLANNING COUNCIL OF PEEL

MENTAL & PHYSICAL WELLNESS WORKSHOP

**Topic: Emotional Wellness:
Increase Your Potential.**

Join us to discover simple ways
to boost your well-being and
unlock your full potential.



**TUESDAY, MAY 6, 2025
5:00-7:00PM**



**DAVIS CAMPUS SHERIDAN COLLEGE,
7899 MCLAUGHLIN RD, BRAMPTON
ROOM C217 (PARALEGAL
COURTROOM)**



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Facilitator

Dr. Nicola Harris



REGISTER

Refreshments
will be
provided!

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