



## UPCOMING WORKSHOP

# *Coping:* SUMMER BLUES

A FAMILY FOUNDATIONS & AGAPE FAMILY HEALTH COLLABORATION

AHHH, SUMMER. FUN IN THE SUN, SCHOOLS OUT, VACAY TIME. WE GET A LOT OF MESSAGES THAT THIS SEASON SHOULD BE FREE & EASY, AND ALL ABOUT RELAXATION. BUT SUMMER CAN BE A STRUGGLE. JOIN US TO LEARN STRATEGIES FOR DEALING WITH SEASONAL STRESSORS.

TUESDAY, JUNE 25TH  
6:00PM - 7:00PM

REGISTER HERE!

AGAPE FAMILY HEALTH  
120 KING ST.  
JACKSONVILLE, FL 32204



SCAN ME



**AGAPE**  
FAMILY HEALTH



**FAMILY**  
Foundations