

PERSONAL WELLNESS 101

This **free** workshop is designed for **hard of hearing youth (13 & up)** across Canada!
Through this workshop, you can:

1. *Get a taste of laugh therapy;*
2. *Learn how to calm your mind with deep breaths;*
3. *Practise other wellness strategies with us;*
4. *Join our lucky draw at the end of our event!*

Fill out the registration form or with the following link or with this QR code !

<https://forms.gle/YhpFYcqTF6xpamHr8>

Date: Saturday, 1st May 2021
Time: 10:30am to 12:00pm (PST)
Form of event: Virtual via Zoom
*CART services will be provided



Canadian Hard of Hearing Association
RC Youth Peer Support Program

