

SHARE & CARE

Your Invited to Our
Mental Health Wellness Event

Sharing
circle

Meditation
time

Join us at the Park!

For a day of connection, support and empowerment at our Mental Health Wellness Event! This is an opportunity to engage in enriching activities such as a sharing circle and meditation to promote mental well-being.

DATE: Friday, October 11, 2024

TIME: 10:30 a.m.- 12:00 p.m.

WHERE: Monocacy Village Park, 401 Delaware Rd,
Frederick, MD 21701

TRANSIT: 65-North Frederick Connector stops at the park
(in front of Monocacy Village Shopping Center)

RSVP: advocate@thefreedomcenter-md.org

To RSVP by phone
call 301-447-0287

