

# **"New Year New Me"**

## **Workshop**

**Wednesday, January 14<sup>th</sup> 2025**  
**4-6 PM**

**60 West Dr, Brampton - Room 101**



### **Future Letter Writing to Ourselves.**

*Reflect on who you are now and write a letter to their future self about health goals, growth, and hopes for the new year.*

**Refreshments will be provided.**

**Must be 18+ to be eligible for the workshop.**



**Sign Up Now!**

**Contact us: (437)243-3735**  
**supportline@pchs4u.com**



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