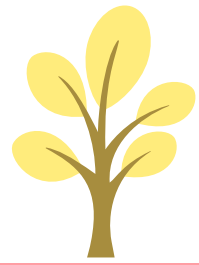


# Emotional Toolkit



Monday,  
November  
1st



7:00 PM to  
8:00 PM  
On Zoom!

Learn about your emotions and how they can impact your health. Learn what they are and improve your response to stress and build resiliency by understanding how emotions work. This free program is offered to the library by Jill Vroman Fitness. This program will be recorded.

Please register:

[https://bit.ly/  
Sblibemotiontoolkit](https://bit.ly/Sblibemotiontoolkit)



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