



**Thursday,
December 8
at
7:00 PM**

Presented by Jill Vroman in coordination with the Southborough Library

EMOTIONAL TOOLKIT

Learn about your emotions and how they can impact your health. Learn what they are and how you can learn from them. You can improve your response to stress the more you understand how emotions work. Join me to work on growing your resiliency towards stress!



bit.ly/sblibetoolkit



This program is made possible with support from The Friends of Southborough Library

Southborough Library | 508-485-5031

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