



CITY OF LAGUNA NIGUEL



# Wellness Wednesday Workshop

For 7th - 12th Graders

in partnership with the

Wellness & Prevention Center



## Save the Date!

### Wednesday, January 26

### 5:00pm - 6:00pm on Zoom

Join us virtually on January 26th for our next Wellness Wednesday Workshop from 5:00pm to 6:00pm. You will have the opportunity to learn about mental health and take away tools and tips to help you in your daily life. Recommended for 7th to 12th graders (ages 12+). You can earn one community service hour per workshop.

**To sign up, please visit:**

**<https://bit.ly/LNWellnessWorkshops>**



(949) 425-5100



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