

Simply Bee, Park Ridge Community Health  
Commission & Park Ridge Public Library  
**PRESENT**

# **FINDING STRENGTH: HOW TO MENTALLY COPE WITH COVID IN 2021**

Join Audrey Grunst, MSW & CEO of Simply Bee,  
as she shares tips on how to gain the mental  
and emotional skills to cope with uncertainty,  
disappointment and anger utilizing  
mindfulness to slow down anxiety.



**MARCH 3, 2021, 5:30-6:30 P.M.**

This virtual event is open to all



**REGISTER NOW!**