

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!