



PEACEFUL WATERS COUNSELING  
**FOOD DRIVE**

We are collecting non -  
perishable food items to donate  
to our local food bank  
Please bring in all items between  
**November 1 - November 22**

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If you bring in 5 or more  
non-perishable food items,  
you will receive a **FREE**  
30 minute massage in our  
Mindfulness Meditation  
Massage chair