



Resources!
Connect with local health and wellness organizations, get information, and find supports.

Mindfulness AND Self-Care Event

**FREE
EVENT**

Join us for a **FREE** welcoming day focused on your well-being!

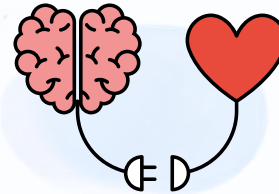
- Discover practical ways to manage stress, strengthen well-being, and bring mindfulness into your life.
- Enjoy **FREE** interactive workshops, wellness activities, and connect with local organizations
- Learn about tools, resources, and supports for a healthier, more connected community.

**Limited
capacity:
Reserve your
spot now!**

Workshops



**Somatic
Meditation**



**Brain-Body Connection:
Sleep, Stress &
Well-Being**



Self-care Plan



WHEN

**SATURDAY
OCTOBER 24, 2026
8:30 AM - 2:00 PM**

**REGISTRATION REQUIRED
BY OCTOBER 15, 2026**



**SCAN QR CODE, CALL 860-620-3603
OR [CLICK HERE](#) TO REGISTER!**



WHERE

**FIRST CONGREGATIONAL
CHURCH OF SOUTHTON
37 MAIN STREET
SOUTHTON, CT**



WHO

**OPEN TO
ADULTS 18+**



**SOUTHTON
COMMUNITY HEALTH
Outreach Project**

Funded by the Barnes Memorial Trust at Main Street Community Foundation