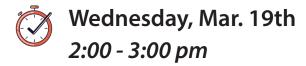


DIY Life Skills

For Young Adults 18-24

HEALTHY LIFESTYLE

Join us for an inspiring workshop focused on embracing a healthy lifestyle! Discover practical tips to develop habits that nurture your well-being. Plus, enjoy a fun and creative jewelry-making activity to express your style.



The Whole Person
Community Room



Scan the QR code for more information.



For more information, please contact Naycole Reed at 816-659-9406 or nreed@thewholeperson.org.



Support group meets every 3rd Wednesday of the month from 2:00 pm - 3:00 pm at The Whole Person

3710 Main Street, Kansas City, MO 64111

thewholeperson.org