



Come learn how to
STRESS LESS and **SMILE MORE**
with
Jen Maxfield-DeCarlo
from
Safe Harbor Christian Counseling

Jen combines her social work experience with her training in yoga therapy to teach us the importance of taking care of ourselves first so we can best take care of other's we love. Jen has provided counseling to children, adults and families and specializes in reduction of stress, anxiety and depression.

May 25th, 5-6:00pm
Havre de Grace Housing Authority
101 Stansbury Ct., Havre de Grace
Maryland 21078
410-939-2097

