

MENTAL WELLNESS MONTH SERIES

ALL
AGES



MEDITATION FOR WELLNESS

Tuesday, January 7, 6:30-8 p.m.

Leon County Main Library, 200 W. Park Ave., and virtually on Zoom

Audience: Teens and adults

Practice meditation techniques to cultivate relaxation, presence, and awareness amid daily stresses.



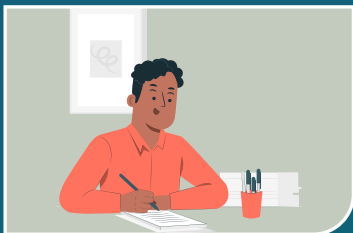
ART FOR WELLNESS

Saturday, January 11, 1:30-3:30 p.m.

Lake Jackson Branch Library, 3840 N. Monroe St.

Audience: Teens and adults

Discover how art can improve mental health through interactive activities.



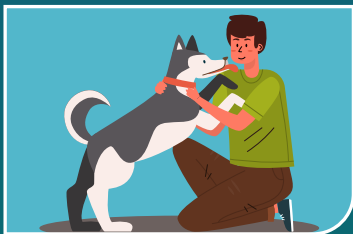
WRITING FOR WELLNESS

Wednesday, January 15, 6:30-8 p.m.

Leon County Main Library, 200 W. Park Ave.

Audience: Teens and adults

Explore writing as a tool for self-care and self-expression with creative exercises.



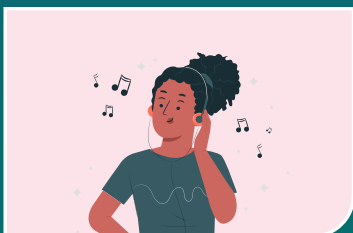
ANIMALS FOR WELLNESS

Saturday, January 25, 11 a.m.-12:30 p.m.

Eastside Branch Library, 1583 Pedrick Rd.

Audience: All ages

Enjoy a special story time on how animals can benefit mental wellness and participate in a therapy animal meet-and-greet.



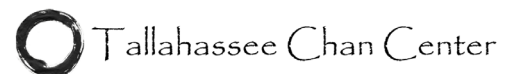
MUSIC FOR WELLNESS

Tuesday, January 28, 2-3 p.m.

Eastside Branch Library, 1583 Pedrick Rd.

Audience: Adults

Engage in live music activities and learn how music can foster self-care.



Find out more at LeonCountyLibrary.org/MentalWellness