

Join us for
this special
**FREE
EVENT**

We Outside

NOT YOUR AVERAGE
SELF-CARE DAY

Pre-register
here to enter for
our early bird
exclusive
giveaway!



Self-care is the best care.
So why does it seem so hard to put ourselves first?

Learn and try new self-care practices for your life. Meet people
who specialize in the different ways to take care of yourself.

Everything is affordable or free!

**FREE CHILDCARE | MENTAL HEALTH SCREENINGS
WELLNESS PRACTITIONERS | RAFFLES | AND MUCH MORE!**

Where

 Fuller
Craft
Museum

455 OAK ST, BROCKTON, MA 02301

When

**SATURDAY,
SEPTEMBER
30TH**

Time

**11AM
to
4PM**



Health Resources in Action
Advancing Public Health and Medical Research

Point32Health



Mildred's Dream
FOUNDATION



 Eastern Bank
JOIN US FOR GOOD™