

Poplar Creek Public Library District & Streamwood Park District Present:



WELL

List of programs

All programs held in Meeting Room 1

Mind Games: A Night of Self-Deception
Tuesday, April 18 at 7:00 pm

Hanover Township FREE Wellness Screening
Wednesday, April 19 from 10:00 am-12:00 pm
Tuesday, April 25 from 6:00-8:00 pm
Drop in anytime-no registration necessary!

Healthy Living for Your Body & Brain
Tuesday, May 2 from 7:00-8:00 pm

Creativity & Flow Workshop
Wednesday, May 3 from 7:00-8:30 pm

Exercise & Wellness Programs
Sponsored by the Streamwood Park District
Thursday, April 20 at 7:00 pm-Zumba Class
Thursday, April 27 at 7:00 pm-Yoga to
Enhance
Mind & Body
Thursday, May 4 at 7:00 pm-Nutritional
Workshop

EFT Tapping Techniques
Wednesday, May 10 from 7:00 - 8:00 pm

**REGISTER online at pclib.org or call
630.483.4910**

For each adult program you attend, you will receive a FREE giveaway AND a ticket to be entered into a drawing for the chance to win a one year membership to Park Place Recreation Center, a Fitbit One®, cookbooks and more! Space is limited - sign up today!

