

Tkach, Colleen

From: Inform
Subject: EM: EmPOWER Center & CLSA Present an Event on Savoring & Gratitude

From: Rima Shah

The EmPOWER Center & CLSA present **Savoring & Gratitude: A Letter Writing Event**

Learn how to prolong your positive experiences & build self-appreciation.

Feb. 10th, 2-3pm @CLSA. Open to the 7C community.

Pan Dulce & prizes! Scan the QR code to register.



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