



REFRESH

Connecting Mind, Actions, and Attitude



Gear up for a day featuring real-life strategies for staying emotionally well and living your best life!

- Dynamic Speakers**
- Community Vendors**
- Self-Care Tips**
- Prize Drawings**
- Stress Management Tips**
- School Supplies Giveaway**



10:00 a.m. - 12:30 p.m.
Registration begins at 9:30 a.m.
Dreher High School Auditorium
3319 Millwood Avenue
Columbia, SC 29205

For more information, call 803-231-6757.

Registration



Scan the QR code or
visit bit.ly/r1refresh