



THE JUNIOR LEAGUE OF POUGHKEEPSIE'S

GIRLS' EMPOWERMENT

**HEALTHY HABITS
MENTAL HEALTH STRATEGIES FOR 2021**

A FREE VIRTUAL SEMINAR

MARCH 25, 2021

6:00PM - 7:30PM

OPEN TO FEMALE

STUDENTS GRADES 9-12

**FOR MORE DETAILS AND TO REGISTER, VISIT
JLPOUGHKEEPSIE.ORG/GE**

The Junior League of Poughkeepsie is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers.