



Volunteers of America®

MID-STATES

**PLEASE JOIN US FOR A DAY OF SELF-CARE  
AND WELLNESS ACTIVITIES!**



**WHAT:** Viral Videos & Popcorn, Health Screenings, Make Your Own Trail Mix, Healthy Smoothies, Board Games, Make Your Own Stress Balls, Ping Pong Smackdown, Essential Oils, Exercise Class/Consultation, Art Activities, Food & Drinks, Giveaways, Self-Care Plan Consultations

**WHEN:** Friday, April 28, 10am-4pm (for any Louisville staff at any location to participate in).

**WHERE:** 933 Goss Avenue, Louisville

