

MAKING THE CONNECTION

A DAY OF CELEBRATING SURVIVORS &
EMBRACING WELLNESS



Saturday, October 14th
9:00am-12:00pm
Hampden Academy
89 Western Avenue, Hampden

- Survivor Recognition Ceremony
- Workshops on Nutrition and Stress
- Dance and Fitness Mini Classes
- Photo Booth Courtesy of Darling's Ford
- Door Prizes

Registration \$12

Call the Bangor Region YMCA at 941-2808
or visit www.caringconnectionsmaine.org