

Journaling: *Your Creative Outlet for* *Stress Relief*



Lauren Burnett, founder of the Center for Inner Quality, will teach you to relieve stress. Learn how to begin journaling and the effect journaling can have in your work and life. Go to mrcpl.org/calendar to register online or call your library.

Monday, January 14
Bellville Branch 6 PM
419.886.3811

Thursday, January 31
Main Library 6 PM
419.521.3110

Monday, January 28
Crestview Branch 6 PM
419.895.0010

Tuesday, February 12
Ontario Branch 6 PM
419.529.4912



Adult Program