

**MIND  
OVER**

**BODY**

**TAKING CARE OF YOUR  
MENTAL HEALTH**

**NEW EPHESUS MISSIONARY BAPTIST  
CHURCH**

**8939 US HIGHWAY 158 RUFFIN , N.C. 27326**

**DATE: JULY 26, 2024**

**TIME: 11:00 AM - 12:30PM**

**MAKE YOUR HEALTH YOUR PRIORITY!**

**PARTICIPATE IN THIS EXCITING AND  
INFORMATIVE WORKSHOP AND TAKE STEPS  
TOWARDS A BETTER LIFESTYLE!**

**SPONSORED BY: CASWELL COUNTY SENIOR  
CENTER**

**BRENDA WILLIAMSON**

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