

FRIDAYS ARE

# BE KIND TO YOUR MIND



Ages 6-12 are  
welcome at  
Wickson from  
1-2pm

Meditation  
Strategies

Journaling

Exercise and  
learn ways to  
calm your body.

Learn about  
ways we can  
help with our  
mental  
health.



Frankenmuth  
James E. Wickson  
District Library

