



Mental Wellness Series

“Healthy Living for Your Brain and Body”

*Are you searching for ways to take care of your brain and your body?
If you are striving to remain mentally well during this challenging time, then come
to New Creation United Methodist Church.*




WHEN: 10 – 11 AM on Sat., Nov. 5, 2022

Presentation and discussion led by Dr. Blenda R. Crayton, PhD, MSW. Dr. Crayton is the Chairperson of the Department of Social Work at North Carolina Central University in Durham, North Carolina.

WHERE:

New Creation United Methodist Church
4705 Old Chapel Hill Road, Durham, NC 27707



Invite your family members and friends to join in the first of a series of programs on health and mental wellness.