



# Healing through the Holidays

The holiday season can be hard for many of us. You are invited to take time to care for yourself.

**Sunday, December 3**

**Main Library, 834 Lake St., Oak Park**

**Join one or all sessions; Register at [oppl.org/calendar](https://oppl.org/calendar)**

12:30-1 pm	Check-in Circle
1-2 pm	Inner Peace Art Workshop
2-3 pm	Break and Refreshments
2:30-3:30 pm	Sound Bath With Reiki Healing Energy

**Art Therapist Rachel Weaver Rivera,  
Papalotzin Healing Collective, and Thrive Counseling**

*Free wellness bags while supplies last*