



Arts & Crafts Wellness Seminar: Stress Management & Stress Balls

Wednesday, October 4 | 5 - 6 p.m.

Come to our free seminar series on Wellness, hosted by The Livin' It Up. Learn about the different causes of stress, identify stress triggers, and create stress balls!

San Ramon Library

100 Montgomery St. 94583 | 925-973-2850

Mon 10-8 | Tues 10-8 | Wed 10-8 | Thurs 10-8

Fri 9-5 | Sat 9-5 | Sun Closed

