

CARE ABOUT OUR HEALTH AND WELLBEING



- We will explore everyday stress, the connection between mind and body, simple ways to relax, and how to support ourselves and our families in finding better balance.
- The presentation might include - what is mental wellbeing, common mental health challenges, when & how to seek help, how do physical activity support mental health, nursing care for our body health.

THURSDAY, 6 AUG 2026
1:00PM-2:30PM
HIGHLAND PARK LIBRARY

The event is delivered by The Asian Network INC.
(TANI) in partnership with Highland Park Library

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CARE ABOUT OUR HEALTH AND WELLBEING

关爱我们的身心健康



我们将探讨日常压力、身心联系、简单的放松方法，以及如何帮助自己和家人找到更好的平衡。

演讲内容可能包括：什么是心理健康、常见的心理健康挑战、何时以及如何寻求帮助、体育锻炼如何促进心理健康、护理如何维护我们的身体健康。

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8月6日 周四 下午 1:00

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