



Stress Management & Self Care

Nicole Haunroth, MA, LPC & Kristi Updegraff, Behavioral Interventionist, will be onsite discussing managing stress & self-care.



Details:

July 22, 2025 12-1 p.m.

Gov & Justice Center,
1301 Second Ave., Conway, SC 29526
MPRs B/C

Sign up!



Register on the HC Cafe

Brought to you by the Wellness Committee

