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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

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