## PSACTORONTO REGIONAL WOMEN'S COMMITTEE \*\*New Date \*\*

WHERE:

90 Eglinton Avenue East Suite 608Toronto ON

WHEN: \*\*NEW DATE\*\*

Wednesday October 17TH 2018
Starting with a light meal at 5:30pm,
Meting starts at 6:00pm until 8:00pm

## **RSVP**:

TRWC.PSAC@Gmail.com for Questions please contact the Committee Chair: MacLellan.Lynda@gmail.com

Let us know if you have any food requirements. This is open to all PSAC Members who identify as a Women Are you looking for some tips about maintaining and nurturing your mental health? We will have two guest speakers at this meeting. We are hoping that you will attend as they have tons of tools and experience to share! Bring a friend!!

IS JUST AS IMPORTANT as physical health

\*\*\*NEW DATE !\*\*\*

WEDNESDAY OCTOBER 17TH 2018

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