



# GET HAPPY, HOUR

## WORKSHOP FOR VETERAN SUPPORT SYSTEMS

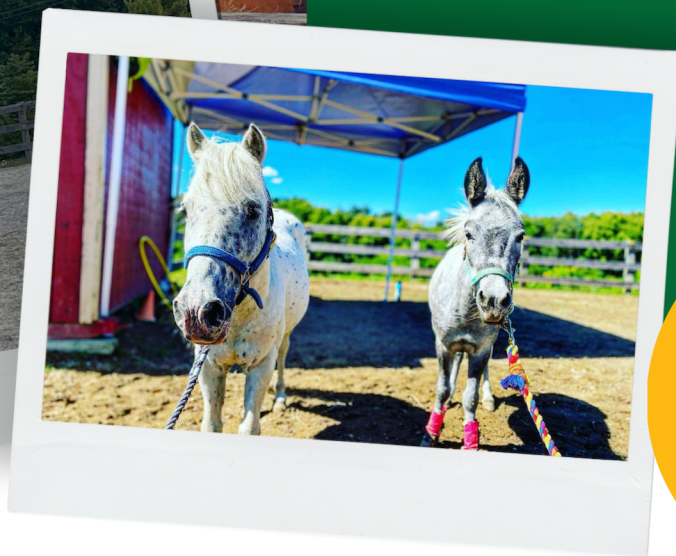
(Spouses or Partners)

**FEBRUARY 9**

Doors open: 5:30 pm

Workshop: 6-7 pm

You will learn how to implement self-care and well-being through spending time with horses.



**FREE TO  
ATTEND**

## INFORMATION

- **Goal of workshop:** how to care for self while supporting others.
- **NO alcohol.** Coffee and tea will be provided.

**RSVP REQUIRED**

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