THERAPEUTIC CRAFTING



Friday, November 13
1 PM - 2 PM

Hanover Township Senior Center
240 IL Route 59, Bartlett

Join Hanover Township and North Central College Occupational Therapy students for a Therapeutic Crafting session featuring a hands-on, Thanksgiving-themed craft and education on the benefits of leisure activities for mindfulness and overall well-being. Participants will enjoy a creative activity while learning how meaningful leisure pursuits can support relaxation, reduce stress, and promote overall well-being.

Please call (630) 483-5665 or email health@hanover-township.org to register!

www.hanover-township.org

HANOVER TOWNSHIP
OFFICE OF COMMUNITY HEALTH