

Women's Wellness Workshop & Luncheon



Saturday, November 11, 2017, 1-4 pm

Lectured by: Dr. Zana Dobrosi, Ph.D., Board Certified Psychiatrist.

Topics:

Self-awareness from inside out;
Fighting mental health stigma in immigrant women communities;
Mindfulness and meditation techniques;
How to cope with stress;

AAWO will provide free of charge buffet luncheon to participants.

Sponsors:



Kosovatours International

Agim & Sadete Aliçaj - 1054 McLean Ave, Yonkers, NY 10704

Please contact us if you want to register for the workshop. Maximum 50 people can attend.