

# Children's Storytime and Parent Wellness Workshop

## AGES 0-5 KIDS ACTIVITIES

### Siblings welcome

- Interactive storytime about safe and healthy habits
- Hands-on play activities

## PARENT ACTIVITIES

### Discover:

- Easy stress-reduction techniques
- Parenting and wellness resources
- Reliable health information



## REGISTRATION IS FREE

Pre-registration is required.  
Call Marshall Community Health  
Education (530) 626-2990.

## DATES AND TIMES

10:30 - 11 :30 a.m.

June 26

July 24

August 28

## MARSHALL COMMUNITY HEALTH LIBRARY

3581 Palmer Dr., Building 101

Cameron Park



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