Quay County Health Council

December Wellness Workshops

Harmony in Your Daily Life



Join us for a short workshop to learn how music can reduce stress, bring joy and improve your mental health!

- **December 2 at 10:00 am**
  Tucumcari Railroad Depot
- **December 3 at 10:00 am**
  San Jon Senior Center
- **December 4 at 1:00 pm**
  Logan Senior Center

Participants will receive a related item and snack.



QCHC Working For A Healthier Community

QUAY COUNTY HEALTH COUNCIL