

Wellness Fridays

JOIN US FOR MINI-WORKSHOPS
ON THE 2ND FRIDAY
OF EACH MONTH
12:45 PM - 1:00 PM
LOGAN SENIOR CENTER

Join us for a Fun
Workshop to
Improve Your
Mental Health

January 9, 2026
February 13, 2026
March 13, 2026
April 10, 2026
May 8, 2026



*Each workshop will have a
different self-care activity.
All supplies will be provided.*



QCHC Working For A Healthier Community