

GIVING BACK-GETTING BETTER:

VOLUNTEERISM FOR MENTAL HEALTH

THE NOT SO SECRET STRATEGY TO
EXPERIENCE JOY AND WELLNESS-

ALL RESIDENTS ARE INVITED TO JOIN
THE HOPKINTON YOUTH COMMISSION
THURSDAY- MAY 25TH AT 7PM
@ HOPKINTON CENTER FOR THE ARTS

LOCAL VOLUNTEERS SHARE ABOUT THEIR EXPERIENCES
KEYNOTE ADDRESS BY NAMI MASSACHUSETTS

