



# Health and Wellness Workshop

Thursday, March 26 from 5:30–7:30 p.m.  
844 Delaware Library

Dinner and snacks provided, parking available!

This interactive workshop for youth ages 12–18 focuses on everyday habits that support physical and emotional well-being. Participants will explore practical ways to take care of their bodies, learn about personal hygiene and talk through simple self-care strategies they can use in daily life.

The session will create space for questions and open conversation in a supportive, judgment-free environment.

RSVP by Monday, March 24.  
Spots are limited, so register now!

Questions? Contact Emily Fien,  
Education Specialist for the Youth Trafficking Prevention Program  
[efien@cfsbny.org](mailto:efien@cfsbny.org) | (716) 336-7337

