

AYO
(Antigonish Youth Outreach)
Presents



THE DROP- MARCH BREAK EDITION



Where?

Antigonish Library
Community Room

When?

Monday March 14th

Who?

Youth ages 13-16

**KICK-OFF MARCH BREAK WITH A
WELLNESS WORKSHOP!**

WHAT TO EXPECT?

**ART, TALKS, GAMES, PRIZES AND
MORE!**

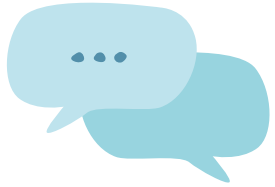


**Masks
Required**



**Please Email or call Dayna to
Register (902)870-1924/
dayna.overmars@nshealth.ca**

MARCH BREAK WELLNESS WORKSHOP SCHEDULE



11 am- 12pm

Mindful Art Projects



12 pm- 1pm

Food and Mental Wellness



1-3 pm Collective Game

Board Competition



3-4 pm- Karaoke

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