

**DOING
GOOD
DOES YOU
GOOD**

Evidence shows that helping others can have a positive effect on your own mental health and wellbeing.



Join Licensed Clinical, Mental Health Counselor, Victoria Butler
Heritage Counseling and Wellness
Regional Bereavement Coordinator, Misty Guyader and
Regional Volunteer Manager, Abby Barefoot
with Liberty Hospice for a

FREE WORKSHOP on the
Mental Health Benefits of Volunteering
&
Volunteering- Healing Through Helping

Workshop will be held at the
Harnett County Public Library
455 McKinney Pkwy, Lillington, NC 27546

Wednesday, April 27th at 10:00am