

Nurses Christian Fellowship Canada



BY VANESSA HOUSE

# JOURNALING FOR HEALTH

2025 JAN 18 SAT @ 10 AM EST

Join us for an hour of interactive learning and practice as we explore how some simple journaling techniques have been proven to decrease symptoms of stress & anxiety, and improve our overall health and well being.

**Free** registration. To receive **zoom** link from Fronica:  
[ncfcares@gmail.com](mailto:ncfcares@gmail.com)

