

Russell County
Extension Office

SELF-CARE AND PAMPERING WORKSHOP

Self-pampering is a valuable self-care practice for enhancing wellness. Come find out more about self-pampering and self-care on April 22nd @ 4 PM.

Presented by FCS Agent
Megan Gullett

April 22nd @4:00 PM

Class is FREE, but call 270-
866-4477 to RSVP.

