

Psyching Yourself Up:

Building Health from the Inside Out

Our health is multifaceted! This panel will include discussions of science-based strategies to build healthier habits when it comes to taking care of your emotional, physical, and relational health. Panel includes Dr. Sarah Rigby, C.Psych., Dr. Katherine Kovachik, C.Psych., Dr. Jacqueline Hogue, C.Psych., and Dr. Sarah Petty, C.Psych.

This program is presented in partnership with the Manitoba Psychological Society as part of Psychology Month.

West Kildonan Library

365 Jefferson Ave.

Monday, February 10

6-7 p.m.



Free. To register phone, visit a branch, scan the QR code, or visit winnipeg.ca/library

