



Take a Break: Join us For...

- Fun, interactive bingo
- Self-care strategies
- Free snacks & prizes

SELF-CARE BINGO

By Jelane Kennedy, EdD, Faculty Member of the
Counselor Education and Family Therapy Department

WEDNESDAY MARCH 11, 2026

🕒 1:30 p.m. - 2:30 p.m.

📍 Central Community Health Education Clinic
180 Paul Manafort Dr., New Britain, CT



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Central Community
Health Education Clinic



central.communityclinic



SCAN ME

▶ Add a little self-care to your bingo card and take a moment to recharge during exam season.

PRIZES AND SNACKS AVAILABLE!



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