



EGYPTIAN HEALTH DEPARTMENT



Parents And Caregivers Empowered (PACE)

; a parent support group

New Year, New Mindset: 'Not Your Typical New Year's Resolution'

Presented by Toni Jobst

Unlike your 'typical' New Year's resolution, this interactive workshop will focus on mental health self-care. We will be setting realistic, attainable goals and providing a toolkit for: establishing a routine, practicing mindfulness, setting healthy boundaries, and nurturing social connections.

With these simple, yet impactful adjustments, we can be on our way to starting the new year off on a positive path to overall wellness, with a little help from our friends.

PACE will meet quarterly and will focus on a new topic & convene at a new location each time!

**Tuesday
Jan 27
5:30-7p**

**snacks +
childcare
provided**



iHub at Egyptian
Health Department
1418 US 45 N
Eldorado IL

RSVP encouraged by Jan 22, 2026

**For more information or
to RSVP please contact**

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