

HOSTED BY CHANGING
MINDSETS

LOVE YOURSELF

*Sexual Health
Workshop*

NO JUDGEMENT NO PRESSURE

AGES 18-26

*Bring a friend or partner to
be entered into a drawing

SUNDAY

15TH

**FEBRUARY 2026
2:00 - 4:00 PM**

**Spaulding Branch Library
5811 Old Silver Hill Rd
District Heights, MD 20747**

LIGHT REFRESHMENTS & GIVEAWAYS

www.changing3mindsets.org

RSVP



Use of library meeting space does not constitute endorsement of program/meeting or
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