



NorthShore
HEALTH CENTERS

Art & Music

FOR WELLNESS

Did you know expressing yourself through art and music helps with depression, anxiety, and other health concerns? Join NorthShore Health Centers at the Portage Township YMCA for an evening full of creativity!

SEPTEMBER 22 | 5:30PM

PORTAGE TOWNSHIP YMCA

3100 Willowcreek Rd. | Portage, IN 46368

