



Shelf Care Book Club

Are you interested in exploring new ideas focusing on health, wellness, and personal growth? Join us to discuss books that promote mental and physical wellbeing. Our current book club selection is "Life in Five Senses" by Gretchen Rubin. This Shelf Care Book Club is a collaboration between Molly Pruitt Library and the Methodist Healthcare Ministries' Wesley Nurse Program.

Tuesdays at 2:00 PM
June 2, June 16, June 30

**Windcrest United
Methodist Church**
8101 Midcrown Drive, 78239



For more information,
call 210.650.1122,
scan QR or visit
mysapl.org/events

