

OT MAYORS WELLNESS CAMPAIGN PRESENTS...

MENTAL HEALTH BOOK CLUB



Tuesday, April 29th



7pm -- 8pm



Old Tappan Library
56 Russell Avenue

Book:

Calm Your Mind with Food

Discussion will be led by Mr. Brian Greco, Clinical Social Worker/Therapist and Dr. Rubina Bhatia

Sign up using this link:

[HTTPS://BCCLS.LIBCAL.COM/EVENT/13876072](https://bccls.libcal.com/event/13876072)

Even if you have not read the book, feel free to join our general discussion on mental health!

**CALM
YOUR MIND
WITH
FOOD**
A REVOLUTIONARY
CONTROLLING YOU

Copies
available
at OT
Library!!



...DOO, MD
Brain on Food