

OT MAYORS WELLNESS CAMPAIGN PRESENTS...

# MENTAL HEALTH BOOK CLUB



Tuesday, April 8th



7pm -- 8pm



Old Tappan Library  
56 Russell Avenue

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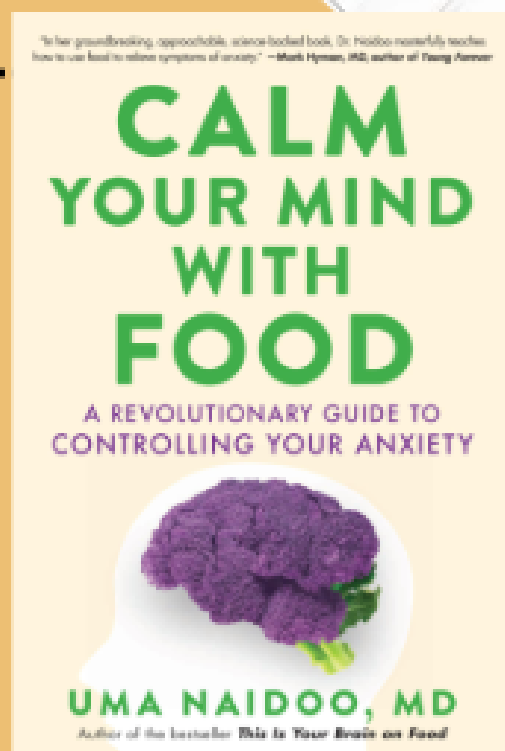
Book:

## 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.CO  
M/EVENT/13876072](https://bccls.libcal.co/m/event/13876072)

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



Copies  
available  
at OT  
Library!!