Nurturing yourself is not selfish—it's essential to your survival and your well-being."

~ Renee Peterson Trudeau

Please check back for Wellness Wednesday events.
Sexual Assault Awareness Month is a campaign to raise public awareness about sexual violence and educate communities on how to prevent it. The campaign theme, I Ask, champions the message that asking for consent is a healthy, normal, and necessary part of everyday interactions.

Please check back for RCGC’s events during April.