



The Sickle Cell Association of the National
Capital Area, Inc. Spring Workshop

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**HOW TO PUT THE BRAKES
ON YOUR RACING MIND:
MENTAL HEALTH HACKS
FOR THE SICKLE CELL WARRIOR**

MAY 14, 2022
12 NOON – 1:30 PM EST
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**LEARN MORE ABOUT THE ROLE OF YOUR
MENTAL HEALTH IN YOUR OVERALL HEALTH**