



ISLAMIC CENTER OF LIVERMORE  
IS HOSTING AN EVENT ON

# Emotional Well Being in Islam



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Speaker Heba el-Haddad

M.S., PSY.D. Candidate

Get tips on how to nurture your emotional health and wellness to improve your relationships with family and friends. Based on Islamic history and faith, our speaker Heba el-Haddad will be giving you an Islamic perspective on maintaining emotional health.

FRIDAY, FEBRUARY 22ND 2019

PIZZA AT 7 PM

ISHA PRAYER 7:30

TALK AFTER ISHA

Islamic Center of Livermore, 379-C South Livermore Ave,  
Livermore, CA 94550

**Islamic Center of Livermore**  
[www.iclivermore.org](http://www.iclivermore.org)

