

GOOD BOOKS, GOOD TALKS, AND GOOD  
COMPANY. ALL ARE WELCOME!



## THE RBHC VIRTUAL

# BOOK CLUB

Second Monday of every  
month | 11AM-12PM

Hosted on Webex  
Facilitated by your RBHC  
staff. No registration needed.

March's Book:  
"Chatter: The Voice in Our  
Head, Why It Matters, and  
How to Harness It"  
by Ethan Kross

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