

Me First, But How? Self Care Strategies

MARCH 19TH

5:30PM-8:30PM

REGISTRATION REQUIRED!



We will cover:

- ✓ Prioritizing self care amidst the chaos of life
- ✓ Various self care strategies
- ✓ Implementation skills so you can start using them right away
- ✓ Childcare and dinner will be provided

Only Limited
Seats Available!
Register with the QR
Code Below

Book Now!

free



SCAN ME

Location:

Emmanuel Lutheran Church
69 W Broad St
Souderton, PA 18964

For More Info:

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