

Self Care Tips

These self-care tips are presented by Andrea Blanch of [Sarasota Strong](#).

Deepen connections and build community at [The Movement Experience](#) (free). Register now to save a space on Nov 21st.

View amazing art and support our Latino/Latina friends and neighbors at this [special exhibition](#) and day of participatory art-making Oct 4th at the Ringling Museum (free).

[Connect with the natural environment](#) to reduce stress, heal trauma, and build resilience.