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**FREE WORKSHOP**

# Caring for Our Health in Times of COVID

**LEARN ABOUT THE BENEFITS OF MAINTAINING A  
HEALTHY SELF-CARE  
ROUTINE. PARTICIPANTS WILL DEVELOP A  
PERSONALIZED SELF-CARE  
PLAN, IDENTIFY POTENTIAL BARRIERS, AND LEARN A  
HELPFUL RELAXATION STRATEGY TO  
UTILIZE DAILY.**



**February 3, 2021 / 5 PM - 6 PM**

**Via zoom**

**Meeting ID: 822 5331 0871**

**Passcode: 596876**

[https://us02web.zoom.us/j/82253310871?  
pwd=UjFRSUpxa1hnN3FRNjVFeWhjTnROdz09](https://us02web.zoom.us/j/82253310871?pwd=UjFRSUpxa1hnN3FRNjVFeWhjTnROdz09)

