

FREE training

A Creative Look at Self-Care (virtual)

What is A Creative Look at Self-Care?

This workshop will help participants gain a clearer understanding of the stress response and the long-term implications for health. Participants will look at self-care as a process in time, experience, and reflection as their teacher. There will be time for personal reflection and intention setting.

Participants will expect to:

- Review and expand wellness care tools for mind, body, and spirit.
- Design a personal plan for resiliency and self-care.
- Leave feeling grounded and refreshed.

Instructor, Christine Schwebel is a professional certified coach. She has been serving people for 20 years as they transition in life into new jobs, new experiences, new relationships, and new ways of being in the world. Most importantly, Christine helps individuals develop a nurturing relationship with themselves – the starting point for a life well lived. www.Tsoulnami.com

**Upcoming FREE trainings,
all sessions are 12-1 p.m.:**

Wednesday, June 24

Thursday, Sept. 17

Wednesday, Oct. 14

Tuesday, Nov. 10

Thursday, Dec. 10

*This training is presented by
Fairview Community
Advancement.*



To register, scan the QR code with your phone's camera
or click here: redcap.link/CLSC

For more information contact: communityhealthandwellbeing@fairview.org