



Until further notice we will continue our meetings on Zoom

**Please Share, Everyone Welcome!**



# **Save the Date 12/9/21**

Peer networking is essential to help colleagues, as equals,  
to provide support as we face common challenges

## **CHNA27 Special December Zoom Meeting**

### **Topic: A Gift of Self-Kindness**

### **Community Care Through Supporting Yourself**

**Date:** Thursday, December 9th **Time:** 9:00 – 10:30 am

\* Social Determinants of Health Topics

\* Wonderful Speakers

\* Coffee Card Giveaways

\* Networking opportunities

**Join us for our end-of-the-year celebration with self-kindness practitioners and educators**

Please email [chna27cape@gmail.com](mailto:chna27cape@gmail.com) to join our mailing list for meeting updates

**Zoom link will be sent via our mailing list prior to meeting or email CHNA27 for access**

**Facebook:** <https://www.facebook.com/chna27>

**Website:** <https://www.ma-chna27.org/>