

Here's the Eventbrite link:

preregister at

<https://www.eventbrite.com/e/778842638297?aff=oddtcreator>

Date: January 24, 2024

from 10:00-11:30am

TOPIC

SELF CARE BECOMING THE BEST YOU

Self-care is equally important for men and women. This training course will bring awareness to self-care and how practicing self-care can help you to improve and maintain good mental health. You will learn how self-care can positively impact your mental well-being, including activities that promote wellness that can lead you to a healthier and more balanced life. You will leave this training understanding why you should start or continue practicing self-care to become your best.



DR. RENISHA COLEMAN

Course Learning Objectives

- CL01** Define the concept of self-care.
- CL02** What is the importance of self-care?
- CL03** Discuss the benefits of self-care for men and women.
- CL04** Recommend activities that can help contribute to your mental well-being.

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