

**The MCC Wellness Council and
The African American Affinity Group
Present:**



Practicing Self-Care 101: Getting Back to Balance

Are you the “go-to” person at work? Do your children, family, or community networks lean on you to be the problem solver? Are you juggling multiple projects and sometimes feeling as though you are right at the brink of drowning? Do you sometimes neglect yourself and are often too overwhelmed to do anything about it?

If you answered “yes” to any of these questions...this workshop is for YOU!

Sometimes we are so busy tending to others that we forget to nurture and care for ourselves. This presentation is designed for those who are seeking BALANCE. This workshop will provide an opportunity to explore and implement self-care strategies to help promote and maintain personal wellbeing!

Wednesday, October 10, 2018

Noon – 1 p.m.

Room 356 @ the MCC Downtown Campus

Brighton Campus Live Stream Link:

<https://www.youtube.com/watch?v=Jr2u3EW-yd4>