

# Self-Care STRATEGIES



## Welcome in the New Year with Self-Care

**FREE! Open to the Public**

**Friday, January 8, 2020**

12:00 pm - 1:00 pm MST

1:00 pm - 2:00 pm CST

**Join us remotely via Zoom!**

Register online for meeting access.

Space is limited!

\*CEUs available for professionals!

2020 was rough on all of us. The New Year is a great time to take stock of what you have learned and what you need.

**Join us to discuss:**

- Why self care is important
- How reflecting on the past can inform your future
- Small steps toward making YOU a priority
- How to create & stick to a personal self-care plan

**A FREE ACE Interface Event**

Register online at:

<https://tinyurl.com/CHS-Jan-2021>

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