SELF-CARE ISN'T SELFISH MAY 14 12:30 PM CONNOR CONFERENCE ROOM UC259

Take a wellness break and join a Well Wisconsin health coach for a Self-Care Isn't Selfish workshop!

In this workshop, you will learn about self-care and different ways to practice it, understand the connection between the brain and body, and participate in some mindfulness practices.

Reserve your spot and register here!

For more information, visit the Worksite Wellness website!

"Self care refers to anything that you do to keep yourself mentally, emotionally, physically, socially and spiritually healthy. If you do not practice self-care regularly, you're risking your well-being and inviting burnout."

