

# Self-Care: Better Care of Yourself

## ONLINE SEMINAR

### Be aware of self-care

Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down to recharge.

Available under Online Seminars starting 8/16/22

WEBSITE: [www.myccaonline.com](http://www.myccaonline.com)

COMPANY CODE: CUNY



**WHATEVER YOU NEED, WE ARE HERE TO HELP.**

*Just call or log on to get started.*

TOLL FREE: 800-833-8707

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Always Available | Free | Confidential

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