

Self-Care 3.0 Series

THIS SERIES WILL HELP PROVIDE YOU WITH TOOLS TO IMPROVE
EMOTIONAL, PHYSICAL AND SOCIAL SELF-CARE AND WELL-BEING



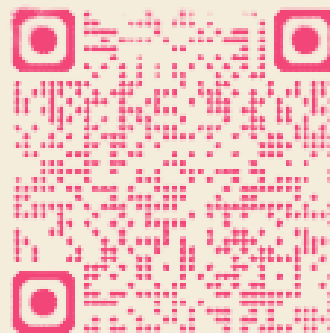
Presented by Dr. LaFaune Gordon via ZOOM
Time: 12:30PM- 1:30PM

March 1st
Emotional Self-Care

April 5th
Physical Self-Care

May 3rd
Social Self-Care

To register go to
[SHS Workshops](#)
or scan the QR
Code!



**STUDENT
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For more information or for accessibility-related questions, please contact SHS at 310-660-3643.