

*Dr. Victoria Kwon of Student Health Services presents*



A Virtual  
**SELF-COMPASSION**  
Workshop

*Are you kind to others but too hard on yourself?  
Learn to be kind to yourself for improved well-being &  
motivation to attain your goals.*

Wednesday, June 3, 2020  
4-5PM via Zoom

Meeting ID: 918 557 448  
Password: 983119



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