

Presented by Dr. LaFaune Gordon

Self-Care Series 3.0



This series will help provide you with tools to improve emotional, physical and social self-care and well-being.

September 27: Emotional Self-Care

In the hustle and bustle of our modern lives, taking care of our emotional well-being often takes a back seat. This workshop to prioritize your emotional well-being - you deserve it.

October 25th Physical Self-Care

Prioritizing physical self-care is crucial for maintaining optimal health, energy, and overall quality of life. Join in for an empowering workshop of self-discovery, movement, and leave with a renewed sense of vitality.

December 6th Social Self-Care

In a world where digital connections often overshadow meaningful interactions, nurturing our social well-being is essential for leading a fulfilling and balanced life. Join this workshop to learn more!

Time: 12:00PM-1:00PM

Place: Student Health Center Conference Room

Click [here](#) to register or scan QR Code!



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