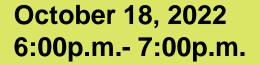
Self-Care and Mindfulness



Virtual:

Click this link to join:

https://us02web.zoom.us/me eting/register/tZlofygrDkrEtUCLggcND3g65Dm fB4V1a-f

Or Scan here:



This class is FREE!

For more information contact:

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Class Description:

So often self-care and mindfulness take a back seat in life. Come join us to discuss this important health topic and how it is connected to mental health. Share your successes and challenges with finding balance in your personal or work life. Learn some new techniques to help improve your self-care and receive some new resources to try out.





Class is hosted by NAMI and funded through the City of Savage Coronavirus Relief Funds.