Thursday, September 3 at 4 pm
Hosted on CarmenZoom

Self-Care Workshop

- Develop an understanding of self-care
- Identify why self-care is important
- Create self-care goals
- Become familiar with resources to aid in self-care goals

Presented by Cody McMillan, LPCC-S

Counseling and Consultation Services

This event is open to all students in the College of Public Health

Scan the QR Code Below to RSVP
Please RSVP by September 2