

Join us to Celebrate Women's History Month



Offered by Freely in Hope International Trainers
Nikole Lim and Jean Nangwala



REVITALIZE & THRIVE: CULTIVATING SELF-CARE HABITS IN CONTEXT OF OUR COMMUNITIES

Thursday March 28, 2024
10:00 am–11:30 am

Online Program

Self-care is a holistic practice involving deliberate actions to maintain and improve our well-being. But as women, finding the time, resources, and cultural resonance with self-care practices may seem out of reach which is exactly why we need each other. Self-care is not an isolated act. True self-care cannot exist without caring for your community and allowing the community to care for you. In this workshop, we'll explore practices of mindfulness, joyful movement, and communal care that resonate with women from diverse backgrounds and cultures. We'll also develop a life audit and commit to practices for self and communal care.

REGISTER HERE

CBL Trainings are free to Alameda County residents
and service providers. Visit acmhsa.org

For questions contact:
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