



Take a convenient online class to learn self-care tips

Self-care is essential for anyone seeking to live a more balanced and healthy life. This workshop focuses on four ways to improve SELF care: Sleep, Exercise, Love and Food. When practiced daily these simple to follow SELF care strategies support participants improved health and well-being.

Webinar Title: Taking Care of YourSELF
March 16, 2021 | 4:00pm – 5:00pm

Join Online at:

<https://kponline.webex.com/kponline/k2/j.php?MTID=t9d5fa7d16c42cf338be35a5dc2dd6af5>

Password: Thrive123

No registration needed

To join by phone only, dial: 408-418-9388

Access code: 133 087 2879

For questions, contact: Lynette Coffman, coffmanl@hsd.k12.or.us

For technical support, contact: Adela Martinez, adela.x.martinez@kp.org

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