



emotional health & wellbeing

In this workshop,
participants will:

- Learn the importance of creating time to care for ourselves.
- Explore self-care concepts centered in gratitude.
- Create a self-care plan to rest, recharge and do things that matter most to us.

Practicing Self-Care

When: Wednesday, May 25, 2022
11:00 AM to 12:00 PM

Virtual Event: Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3728538/2107CABBEA9759EDF2365D6BA58D9CB1>

- Registration is now available and will remain open through the end of the event.
- Webinar must be viewed using Microsoft Edge, Google Chrome or Firefox – session will not work in Internet Explorer.
- Participants can register and join the workshop via computer or mobile device using the link provided, no apps or plugins are required.

Facilitated by: Sue Saso, NBC-HWC, MPH, CPT

Workshop contact: Damiana Garcia, Damiana.Garcia@sanjoseca.gov

All employees are welcome!