

Wellness Series: Self-Care



May 23, 2019
3:30 pm – 4:30 pm

Northfield

Three Links Care Center
815 Forest Avenue

To register, visit:

<https://selfcare-northfield5-23.eventbrite.com>

For more information, contact
Cat at 651-645-2948 ext. 127
or cgangi@namimn.org.



National Alliance on Mental Illness

MINNESOTA

1919 University Ave. W., Ste. 400

St. Paul, MN 55104

Phone: 1-651-645-2948

Toll Free: 1-888-626-4435

www.namimn.org

Class Description:

So often self-care takes 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 and work life balance. Learn some new techniques to help improve your self-care and receive some new resources to try out.

This 60 minute interactive workshop will include discussion, educational resources and MORE.

Hosted by:



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.