



CALMING THE INNER STORM

ABOUT

Beginning with group-guided imagery, this training will give participants evidence-based practices and explain why self-care works. Participants will have the opportunity to create a personalized self-care routine in small groups. Each participant will be challenged and encouraged to deepen their personal relationships with other co-workers and have the opportunity to meet in small groups, following the training, to continue to learn and support each other as a community.

JOIN US

Wednesday, October 27, 2021 from 1-3 PM CST

QUESTIONS

Contact us at kando@kumc.edu

REGISTRATION

Online form: <https://redcap.kumc.edu/surveys/?s=PY3K8F4D3A>

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