

*Self-care is
not selfish
It's self-respect*

MARINE & *Family* | Behavioral Health

Self-Care Lunch & Learn

Bring your lunch to this informative class that teaches how to take time for yourself; even in a hectic environment.

11:45 am - 12:15 pm
2nd Thursday of each month
Chapel Annex (Bldg. 7260)

Registration Required

Call 229-639-8896/5252

For more information