



**Providence
Health Care**

How you want to be treated.

Self-Care Strategies: Helpful Now and Always Webinar

Session Description

We often hear people say “take care of yourself.” What does this really mean? This one-hour session will increase participants’ awareness and understanding of self-care and highlight the factors that can promote and preserve their health and well-being – now and always. Participants will gain practical tools and resources to activate their own personal self-care practice.

Registration link:

Link: <https://forms.gle/zBw3hEAjb9L1pHpW8>. You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



July 23, 12 pm - 1 pm

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Questions? Email wellness@providencehealth.bc.ca