



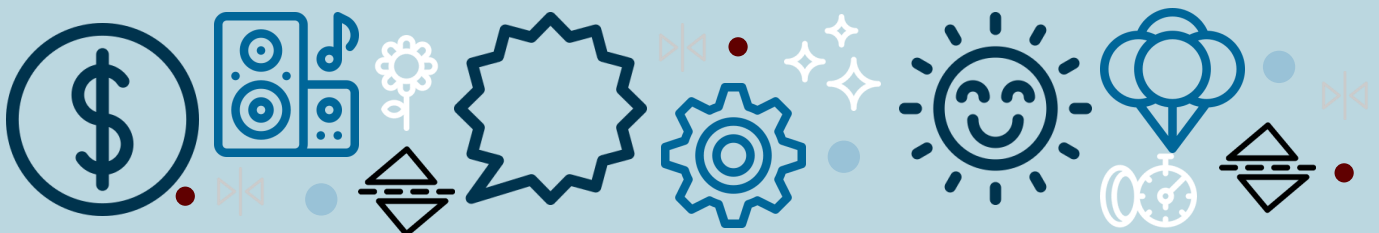
WE LIVE IN A SOCIETY



A PRACTICING AUTHENTIC SELF-CARE &
BUILDING EMOTIONAL LITERACY •
GUIDED WORKSHOP

SUNDAY, NOVEMBER 29
7-8:30PM | VIA ZOOM

What is the toll of existing in an exhaustive world? Join us to spend time interrogating our relationships with personal maintenance, building a useable self-care regimen, and developing our emotional literacy. We'll learn tangible ways to practice authentic, whole-person self-care through guided activities, dynamic dialogue, and self-reflection – specifically in this current socio-political moment. Participants will leave with resources to use, a plan to implement, and our greater sense of self.



Please contact Associate Director, Greek Life Office, Amie Jackson, amie.jackson@case.edu, with comments, questions, or accommodations.