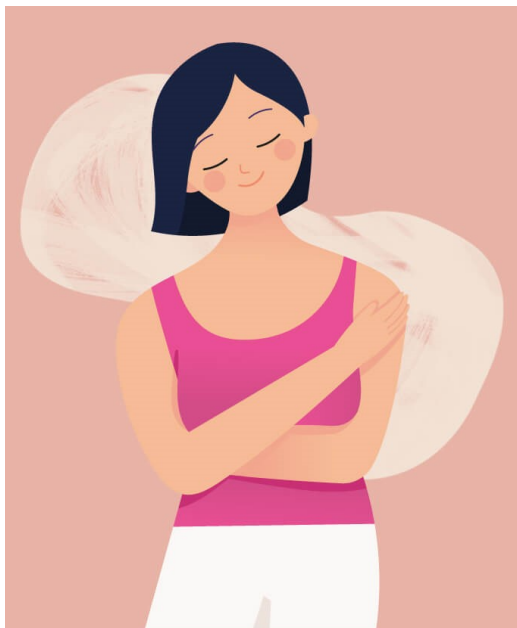


Virtual Path to Positive Aging Series

Self-Care When the Sky is Falling!



When:

Tuesday, April 6, 2021
4:00 pm to 5:00 pm

Location:

Zoom Virtual Seminar

RSVP:

Register online [HERE](#)
or call (805) 497-0189

CLU's Community Counseling Services will provide a virtual one-hour presentation for anyone in the community wanting information on how to cope and care for themselves better during these stressful times. This timely, informative talk will give attendees opportunity to:

- ✓ Learn about environmental stressors and how they impact us
- ✓ Assess ourselves and what we need to bring peace and balance to our lives
- ✓ Develop new coping strategies
- ✓ Think about ways to provide self-care on a daily basis

Presented By:
Sunayana Kaviya and
Hannah Blitstein