

SELF-CARE 101

Wednesday, November 29th

Harwich Town Hall

Donn B. Griffin Room

12:30pm – 1:15pm

**Self-Care is a priority and
necessity in life – not a
luxury!**



While attending this program *Cape Cod Municipal Health Group Members* will be exploring different techniques to help restore energy and decrease stress in daily lives including:

- Taking care of your mind and thoughts
- Taking care of your physical health and body
- Taking care of your spiritual health
- Taking care of your emotions
- Increasing your own well-being through self-care behaviors

We are often so busy taking care of everyone and everything that we don't take care of ourselves, ending up depleted, stressed and out of balance. Think of that airplane analogy: *"In the event of an emergency, put the oxygen mask on yourself first..."* You can't help anyone else if you're panicking and not breathing. Using simple hands-on energy techniques (such as self-massage for face, head, neck, shoulders and hands) and gentle movements, participants will enjoy more energy and experience less mental and emotional stress.

You must register for this class. [Register Here](#) or paste this link in your web browser: <http://signup.com/go/jHxxPbg>

*Attendance at this workshop will award you 10 points on the Wellness Portal!
(maximum 30 points for workshop attendance per year)*