



Are you in  
need of  
me time?

## **Mental Health Mondays**

### **Self-Nurturing**

**Monday, February 28th • 11:00a-12:00p CT**

**W**hen was the last time you took the opportunity to relax and take care of yourself in the way that YOU wanted to? Do you take care of everyone else but neglect your own needs?

If you answered yes to any of the above questions, this webinar is for you!

During this webinar, we will discuss the importance of self nurturing, as well as some practical ways that you can engage in self nurturing activities.

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**\*Please note: All webinars and programs must be completed outside of work hours.**

To register for this webinar, please go to [www.carehere.com](http://www.carehere.com) and log on with your user name and password. Click on Wellness Registration (Jan-Mar) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. Information on how to join the webinar will be sent to you after you register. You may also call 877-423-1330 to register.

**CareHere!**

If you are unable to view this webinar at the scheduled time, you may request a recorded version by e-mailing [recordings@carehere.com](mailto:recordings@carehere.com).