



Join Us

Thursday, December 4
6 - 7 pm CT

Self-Compassion & Sustainable
Self-Care

*A Conversation with Julie Wells
from Give an Hour*

Is it hard to justify prioritizing activities that benefit your wellbeing? Do you make yourself “earn” the things that bring you joy or peace by meeting everyone else’s needs before your own? Do you feel guilt when you prioritize yourself? Let’s talk about it.

Join a conversation that aims to normalize caring for yourself with practical, realistic strategies to refill your tank so that you can continue to care for your loved ones.



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