

Being Kind to Ourselves

Practicing Self-Compassion

When we are gentler with ourselves, our mental health improves and our connections to others deepen. We deserve our own kindness.

Join us for a presentation on the importance of being kind to yourself, followed by an interactive activity that will pull the creativity out of you and transform that into self-kindness.

Hosted by the Project EngAGE Mental Wellness Senior Resource Team.



Thursday, November 6 • 4-5:30pm

Seymour Center, 2551 Homestead Rd, Chapel Hill, NC



**Register by Monday, November 3
at 919-968-2070**

