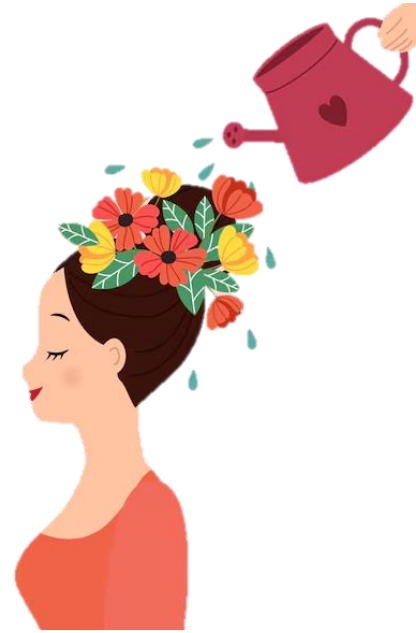


SELF-CARE STARTER KIT



What to Expect

- Discover the power of self-care and self-acceptance
- Build your own self-care kit according to your five senses
- Find new ways to prioritize your mental health and well being



WHEN: September 29, 2025

WHERE: F-120

TIME: 11AM TILL SUPPLIES LAST