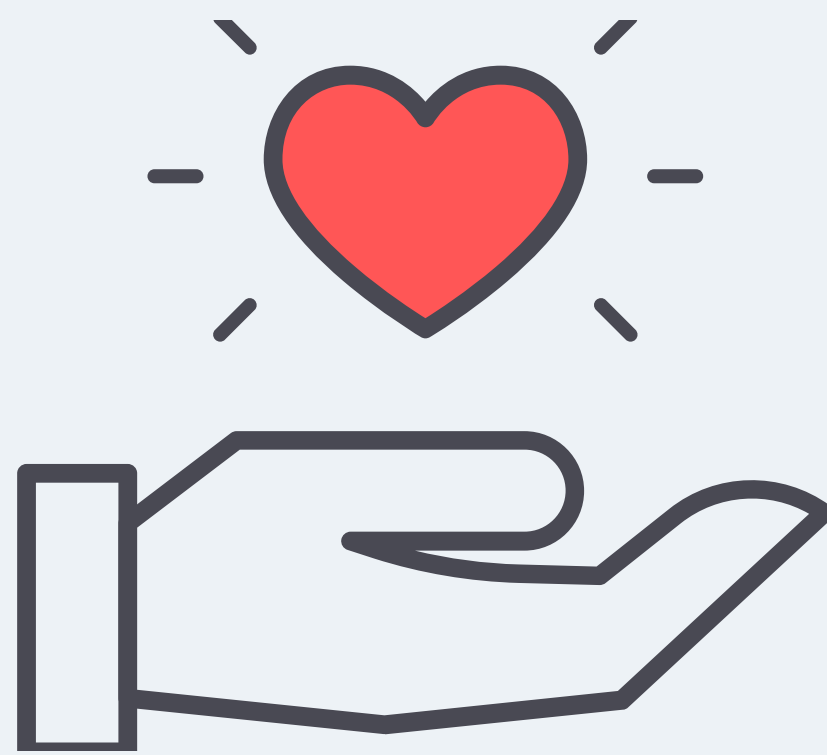




UNISON Learning
Leicestershire & Rutland



UNISON
East Midlands

**FREE ONLINE COURSE FOR UNISON MEMBERS IN LEICESTERSHIRE
AND RUTLAND**

Self-care is not selfish

**28 April 1-3pm
via Zoom**

The session will look at the unhelpful and unhealthy habits we form and consider:

- why self-care is essential for own, and others', wellbeing
- some of the reasons we don't care for ourselves
- the consequences of not caring for ourselves
- ways to become better at caring for ourselves

To apply visit

<https://eastmidlands.unison.org.uk/unison-leicestershire-rutland-learning/>