



FREE ONLINE COURSE FOR UNISON MEMBERS IN DERBYSHIRE

Self-care is not selfish

27 April 6-8pm
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-derbyshire-learning/>