



FREE ONLINE COURSE FOR UNISON MEMBERS IN NOTTINGHAMSHIRE

SELF-CARE IS NOT SELFISH

*Thursday 14 July- 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 EMAIL UNISONNOTTSLEARNING@GMAIL.COM OR VISIT
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