



Free for
members of any
Lincolnshire
based branch

Self Care is Not Selfish

Wednesday 21st February 2024

6pm - 8pm

Beech House, Waterside South, Lincoln

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



Apply

For help with your booking -
unisonlearninglincs@gmail.com

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