Self-Care is Not Selfish

COMPLIMENTARY LUNCH & LEARN

Hosted by: Coach Rob Smith

Join Coach Rob for an engaging 1-hour group coaching session that challenges common misconceptions about self-care and explores how investing in your own well-being can improve your health, resilience, relationships, and productivity.

- Discover why self-care matters & learn practical ways to make it a priority
- Practice simple stress-management techniques and explore tools to support your well-being.
- Gain encouragement & support through shared experiences & group discussion.

AUGUST 25TH @ 1PM

MEETING VIA ZOOM

Contact info@northcypressinternalmedicine. com to RSVP