WELLNESS WEDNESDAY

WEDNESDAY 2/10 AT 3PM
WITH CAN COMMUNITY COUNSELOR, TRACY THOMAS

This week's topic:
How to lower stress by practicing self compassion

Come join us to learn strategies to reduce stress by learning to understand and empathize with yourself.

Zoom Meeting ID: 990 0020 5682
Passcode: 090464

For any additional wellness questions contact:
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