Self-Care

During COVID-19 & Beyond

Join us for this special **Zoom Meeting** to learn more about **coping strategies** for managing **COVID 19 Stress**!

Thursday, August 20th
2:00-3:30pm

WELLNESS TOPICS:

Financial
Shawn Vattelana
Peoples Advantage Federal Credit Union

Physical Fitness
Luke Turner, CEO & Trainer
LukeFit Fitness

Nutrition
Debra Jones, MPH
VA Cooperative Extension-VSU

Mental Health
Rachel Gillus, LPC
District 19 Community Services Board

Join Zoom Meeting
https://zoom.us/j/2814021894?pwd=Q3QxUFJSKzNrb08zM0ZCaEorZ3BuQT09

Meeting ID: 281 402 1894
Passcode: 833155
One tap mobile
+13017158592,,2814021894#,,,,,,0#,,833155# US (Germantown)
+13126266799,,2814021894#,,,,,,0#,,833155# US (Chicago)

caan-duu
Coalition Against Alcohol, Nicotine & Drug Under-Age Use

d19|csb District 19 COMMUNITY SERVICES BOARD