

Lunch & Learn
AT THE GUIDANCE CENTER

Self-Care On The Fly

Join us to learn practical and quick self-care strategies that you can use today to ground, energize, and relax you throughout your work day.

Presented by:
Dianna Van Sanford, MA, LAC

When:

Wednesday, April 20th
12:00pm-1:00pm

Where:

The Guidance Center
Ellen Seaborne Indigo Room
2695 E Industrial Dr.
Flagstaff, AZ 86004



Please RSVP to Sunshine Coffman at SCoffman@tgcaz.org or call (928) 714-6445.

Bring your own brown bag lunch.
CEU Credits Available!

