



Summer Learning Series 2022

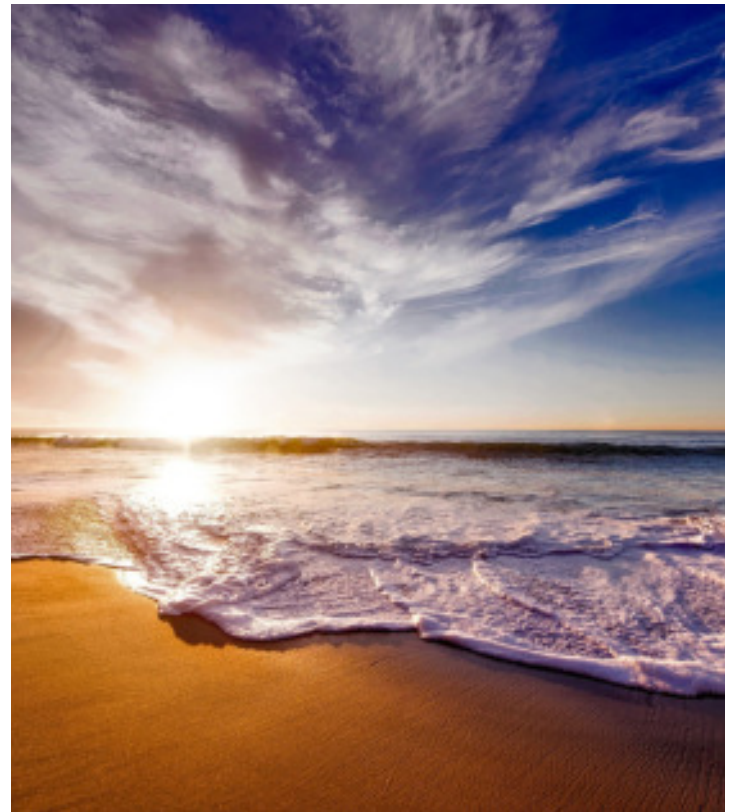
Mental Well-Being & Self-Care

June 22, 2022 at 4:00pm

CCC Fourth Street Campus, Rm B34

with Kathy Farretta

Join us to learn about the many ways our mental health impacts us, and take away concrete skills to assess your mental wellbeing, including how to practice self-care to keep yourself well and support those around you.



FOR MORE INFORMATION AND TO REGISTER, VISIT

www.coconino.edu/SummerLearning