## PAPALAXSIMISHA PRESENTS:

## SELF-CARE SUNDAYS Talking Circle

Time: 2pm-3pm

When: Every Sunday

Where: ZOOM

Meeting ID: 817 6198 2763

Passcode: SCsunday

Come Join the Self-Care Sundays
Talking Circle! Where we learn about
self-care and how to use it in our
everyday lives!

**Host: Colleta Macy**