



### The Art of Radical Self-Care Webinar – Open to All

(Recording will be available following the Presentation)

## SELF-CARE IS HEALTH CARE

The theme of Black History Month 2024 is “African Americans and the Arts”. Art requires us to be concerned with creation, making something new and the unique expression of our inner self. Radical self care is about the bold expression of caring for ourselves as a responsibility, a requirement to being our best in our personal and professional relationships.

Join Yvonne DuBois, C+FS Chief Equity and Inclusion Officer and Rana Ryan, LCSW and Certified Trauma Therapist as they go beyond routine self-care practices, and discuss how you can take transformative action. They will discuss how we can make intentional choices to prioritize our mental health and well-being.

**Thursday**

**February 22nd**

**12:00 – 1:00 pm**

Learn more and  
register today!



Contact us directly! Call: 716-681-4300