SELF-CARE WORKSHOP FOR ENTREPRENEURS

JOIN US & LEARN PRACTICAL STRATEGIES TO:

- Manage stress
- Maintain work-life balance
- Nurture your wellbeing



THURSDAY MARCH 28TH 5:30 PM-7:30 PM

FACILITATED BY: KENDALL STEWART, AMFT

JACOBS CENTER, 2ND FLOOR 404 EUCLID AVE. SAN DIEGO, CA 92114



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