

WELLNESS WORKSHOPS WITH SUZI RUTTI, LISW-S

SELF-CARE AND THE HOLIDAYS
SATURDAY, DECEMBER 17TH 10AM-12PM



WHAT YOU WILL LEARN

- Completion of self-care inventory
- Identification of goals and challenges
- Strategies to nurture your needs

Cost: \$45

Register today: suzanne.rutti@gmail.com or (614) 398-1927