



LACC ADULT EDUCATION LEARNING CENTER



SELF-CARE FOR SUCCESS

WORKSHOP

TAKE CHARGE OF YOUR WELL-BEING TODAY!



MAY 8, 2025
12:00-1:00PM
LIFE SCIENCES (LS) 107

COME AND LEARN...

- **WHAT SELF-CARE IS AND HOW IT BENEFITS YOUR SUCCESS**
- **IDENTIFY YOUR SELF-CARE NEEDS**
- **RECOGNIZE THE SIGNS OF STRESS AND BURNOUT**
- **DEVELOP A SELF-CARE PLAN TO INTEGRATE IN EVERYDAY LIFE.**

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