



Taking Better Care of You!

Creating a powerful self-care routine.

Self-care is important to maintaining a healthy relationship with your mind and body. When we engage in activities that promote our own well-being, we increase our ability to live full, vibrant and productive lives.

May's webinar is about you!

- Benefits of self-care
- Examples of self-care activities
- Overcoming barriers
- A self-care assessment
- Tips for creating a sustainable self-care routine

The Healthy Living Program webinars offer important and timely information on a variety of topics. **Register now for monthly access to these free events!**

MISSED A WEBINAR?

Visit the video resource library on our [Healthy Living Program page](#).

Wednesday,
May 26th

7:00 PM PT

This is a free event.

Register for access to the monthly series. Join us for one or all! The Zoom link and reminder emails will be sent a few times each month.

CLICK TO REGISTER



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