

**Catholic Community Services of York Region
Family Life Education**

Presents:

**Self-Care 101:
*The Importance of Nurturing Yourself in
Busy Times!***

DATE: Monday, February 1, 2010

TIME: 6:00 to 8:30 p.m.

PLACE: Catholic Community Services of York Region
21 Dunlop Street, Richmond Hill.

COST: Free!!

- enjoy a delicious dinner
- connect with other women
- learn why women often neglect their own needs
- find out about the benefits of nurturing yourself
- enjoy a relaxing spa treatment

Pre-register by calling: 1.800.263.2075 ext 241



Serving people from diverse cultures