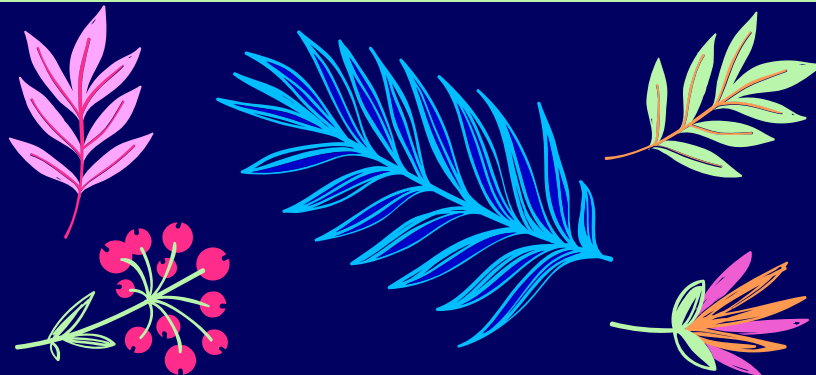


FREE VIRTUAL SELF-CARE GROUP



• **Thursday, May 5, 2022** •

• **6:30 PM** •

Receive your ZOOM link
when you Register online at:
<https://www.logovitatexas.com/contact-us>
or By Email: logovitatexas@gmail.com

Lori Cyr, Counselor-in-Training
LogoVita, PLLC

Do you struggle with taking care of yourself? When is the last time you did something you enjoy? Do you feel guilty when you take time for yourself? Do you struggle with managing pain? If this sounds like you, please join us for a group session on self-care.