

MDAC Members with Disabilities Action Committee
invites ALL PSAC Members
to join them for an
important ZOOM session on self care!

Self Care
July 27th
6:00-7:45 EST

6:00-6:30pm Business
6:30-7:45pm session with Q&A

SELF
care
IS NOT SELFISH

With
Luna



RSVP no later than July 23rd
for ZOOM meeting details
suesoubra@gmail.com

Bring a notebook, a pen & your wonderful selves.