



**MIZZOU SCHOOL OF SOCIAL
WORK PRESENTS**

SSW Cares: Self Care & Resiliency Kick Off Event

- Take a 20 min nature walk.
- Help create the all school self-care collage and video series.
- Play games.
- Do 10 minutes of yoga.
- Practice mindfulness.

And more!

**Eat Tiger
Stripe Ice
Cream**



**SEPT
16
2-5PM**

CLARK HALL LOBBY

Students, alums, staff, & faculty

**Come for 20 minutes or stay
the whole time!**



FOR MORE INFORMATION VISIT
[HTTP://SSW.MISSOURI.EDU/NEWS_SELF CAREWEEK.HTML](http://SSW.MISSOURI.EDU/NEWS_SELF CAREWEEK.HTML)