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.

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_SELFCAREWEEK.HTML