

# EMBODIED SELF-CARE

May 3 and June 7, 2023 from 12-1 pm on Zoom

In honor of Mental Health Awareness Month, Shape Up SF is launching a 2-part virtual series to create a culture of self-care for both personal and professional landscapes. Feelings of being overworked, stressed out, and overwhelmed have become normalized, leading to increasing numbers of people experiencing burnout and toxic stress. Over time, this can increase risk of chronic diseases. The Embodied Self-Care series will share simple, accessible tools that can foster a self-care practice to increase opportunities to experience ease, a boosted immune system, and an overall feeling of wellness and joy.

What will you learn from this series?

- Awareness of the mechanics behind the Mind-Body Connection
- Holistic methods to ease anxiety & depression
- Embodied practices to incorporate into your daily routine
- Simple tools to support self-care practices in both your personal and professional life



"I believe that our inner world creates our outer world. The more open we are to going inward, the more we are in touch with our true nature, and therefore in a deeper relationship to all beings."

*Jennifer Navarro-Marroquin*

Jennifer Navarro-Marroquin, Shape Up SF Coalition Co-Chair and Co-Founder of Community Well, a San Francisco-based holistic healing center. Jennifer has an extensive background in the healing arts including massage, aromatherapy, energy work, journey work, & meditation. She is passionate about supporting others in finding their own path to wholeness, wellness, and liberation.

Register at [www.shapeupsfcoalition.org/cbat/embodiedselfcare](http://www.shapeupsfcoalition.org/cbat/embodiedselfcare)

