FSL will provide four events focused on emotional health. The jamboree themed events will feature self-care as the central subject. The activities will assist participants with:

- Reflecting on giving themselves credit for the tough work they do
- Recognizing their resiliency
- Moving away from the negative self-talk
- Practicing “Me Time”

**FREE TO ATTEND!**

**TIME: 9:00AM-2:30PM**

**MONDAY**
**SEP 23 2019**
Ability 360
5031 E. Washington St.
Phoenix
https://bit.ly/2OSoJZr

**THURSDAY**
**OCT 24 2019**
Rio Vista Recreation Center
8866-A W. Thunderbird Rd.
Peoria

**TUESDAY**
**FEB 25 2020**
Franciscan Renewal Center
5802 E. Lincoln Dr.
Scottsdale
https://bit.ly/2YReQ1z

**SATURDAY**
**MAR 28 2020**
Red Mountain Multigenerational Center
7550 E. Adobe Rd.
Mesa

Visit www.FSL.org or call 602-285-0505 x153 for more information.
Information about Respite Care Available Upon Request.
9:00-9:30AM  Check in, refreshments, morning mixer

9:30-9:45AM  Welcome, Overview & Introductions
              Nydia Montijo, FSL

9:45-11:00AM Opening Session: Self-Compassion/Self-Care

11:00-11:15AM Break & Transition to Lunch

11:15-12:00PM Lunch with interactive musical and movement acts
               (e.g., Harpist; Gentle Drumming)

12:00-1:00PM Concurrent Break Out Sessions
               • Celebrating Your Resilience Through Reflection
                 Jeanette Mallery, Institute for Healthcare Advancement
               • Telling our Own Stories: Faith, Trust, and a Pinch of Fairy Dust
                 Charlotte Bleh, Shanti Hospice
               • A Voyager’s Relic: Crafting Your Personal Artifact
                 Jessica Carpenter, Wellness Staffers

1:15-1:45PM  Ending Session: Laughter Circle: The Ha-Ha Spa
              Debbie Harbinson, Barrow Neurological

1:45-2:00PM  Door Prizes