



Self-care isn't selfish



Don't let anyone suggest that caring for you is the wrong thing to do. In fact, it's the best thing you can do!

Register for this live webinar on Wednesday, March 8 at 1:00 pm CT to:

- Learn how to make self-care a priority.
- Gain skills for creating emotional balance in your life.
- Identify ways to better incorporate self-care practices into your daily routine.

**All live webinars are recorded and posted on your member website.*

Visit MagellanAscend.com or call your DON CEAP at 1-844-DON-CEAP (TTY 711) for helpful resources.