

**STRENGTHENING SELF-CARE AND RESILIENCY**



THIS VALENTINE’S MONTH, LET MIDDLESEX-ELGIN CHAPTER TREAT YOU TO A LITTLE R&R (RELAXATION & RESTORATION)

SIGN UP TO PARTICIPATE IN OUR SELF-CARE WEBINAR SERIES

“SHARE THE LOVE”

Wednesday, February 17, 2021 7:30 – 8:30 pm

Share the love: Our Pandemic Experience and What the Science of Positive Psychology has to Offer. Facilitator: Cathy Parsons

Register: [**https://myrnao.ca/civicrm/event/info?reset=1&id=971**](https://myrnao.ca/civicrm/event/info?reset=1&id=971)

Wednesday, February 24, 2021 7:30 – 8:30 pm

Share the love: Igniting the Spirit through Song & Drum

Facilitator: Katrina Graham

Register: <https://myrnao.ca/civicrm/event/info?reset=1&id=972>

Wednesday, March 3, 2021 7:30 – 8:30 pm

Share the love: Daily Grounding and Heart-to-Heart Meditation.

Facilitator: Farnaz Michalski

Register: <https://myrnao.ca/civicrm/event/info?reset=1&id=973>

To learn more about these exciting events please go to <https://myrnao.ca/sites/default/files/attached_files/Descriptions%20of%20Presentations.pdf>