

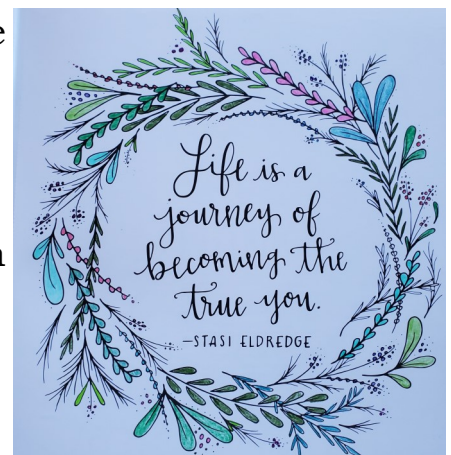


The Healing Power of Self-care

Are you struggling with care-giving, isolation, stress, anxiety, grief, illness or trauma? Have you been told to “self-care?” If so, do you know what that means? Self-care sounds simple, and yet, it doesn’t flow easily. Most of us pour ourselves into others and give what is left over to ourselves. As Agnes Wainman explained, self-care is “something that refuels us, rather than takes from us.” (Source: [What Self-Care Is — and What It Isn’t](#))

This workshop will describe what self-care is; provide examples of how to self-care; how to face the challenges in changing our mindset regarding self-care, and offer some exercises to get you started.

Bring your favorite pen, journal or notebook, an open mind, and learn about ***The Healing Power of Self-care*** — the power of healing using your own loving self—right where you are in your journey!



About the presenter: Lynne Cobb is a speaker, writer and journalist, whose essays and articles have been published in the *Detroit Free Press*, *The Detroit News*, *Michigan Prime*, *Guideposts*, *MetroParent Magazine*, *Military Spouse Magazine*, and online publications: Erma Bombeck’s Writers’ Workshop, Huffington Post, Midlife Boulevard, BlogHer and more. She’s also a contributing author to the anthologies, [What I Do to Get Through](#) and [Feisty after 45 – the Best Blogs of Midlife Women](#). Lynne is a member of the Detroit Working Writers and the National Society of Newspaper Columnists, and has her Bachelor of Arts—Journalism Studies from UMass—Amherst, Massachusetts.

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