



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SELF CARE STRATEGIES

**FEEL THE BENEFITS AND LOVE OF A LITTLE SELF CARE
FOCUSING ON YOUR HANDS**

**Monday, February 15, at 2:30 pm – FREE and open to the public
NSYMCA virtual event [click here](#) to participate**

Or call 1-312-626-6799 enter Meeting ID: 982 0700 1653 and Passcode: 975025

Grab a cuppa warmth and settle in a cozy spot as Patti Conway, RN discusses simple strategies for self-care practices to enhance your well-being. Today's focus will be on showing our hands some TLC - a little thanks for all the work they do! We are going to do some simple stretches and exercises to promote strength and flexibility, giving ourselves a gentle moisturizing hand massage while we reflect on the labor of love our hands have provided and how they have benefitted others.

Practice Self Care on Your Hands

Please be sure to have hand cream or lotion handy plus cotton gloves or socks! Let's celebrate the wondrous work and many contributions our hands have made over the years as they have served ourselves, our loved ones and our world.



About Patti Conway, RN

Patti's work as an Elder Advocate is rooted in 35 years of nursing experience. Patti uses her knowledge to compassionately and confidently guide elders in discovering solutions to the difficult decisions and transitions they face in our complicated world. Patti's belief: self-care boosts well-being!



A part of the NSYMCA ADULT EDUCATION SERIES

The NSYMCA is located at 2705 Techny Road, Northbrook, IL
Check out all our virtual programs at www.nsymca.org

Learn more about Eldersmart at <https://www.eldersmartglenview.com/>

**Register for this program to receive a reminder email
the day of the event by emailing Karen Brownlee at
the North Suburban YMCA: kbrownlee@nsymca.org**

