

Holistic Overview of Self Care: “Power Nurturing”

We are all nurturers within our families, through work, friendships and sometimes as caregivers to a sick spouse or aging parents. How do we balance health and wellness while juggling roles and responsibilities? We must nurture ourselves first! Learn through micro-action steps to make informed choices that support wholeness, joy and health in your daily life. Explore areas of empowered well-being, assess your wellness quotient and experience fun, rejuvenating, holistic techniques for enabling your self-nurturing power to renew your spirit.



Glenn D. Wollman, M.D., & Jan Ingram, R.N.

Saturday, March 19

9:30 a.m. - 1:30 p.m.
(Registration begins at 9:15 a.m.)

Thornton Auditorium
Wake Center – 300 N. Turnpike Rd.

Co-Sponsor: Cottage Health System



Presented by the OMEGA Program of Santa Barbara City College, Continuing Education Division