

DECEMBER SELF-CARE *Weekly Activities*

Topic: Self Care via Zoom

Dec. 1, 2021 | 12 p.m.

Stress Reducing Techniques

Dec. 10, 2021 | 12 p.m.

Guided Imagery and Energy Healing

Dec. 15, 2021 | 6 p.m.

Guided Imagery and Energy Healing

*Partnering with Healing in America
with Laurie DeDecker Via Zoom:*



Healing in America
School of Holistic Energy Healing



Culture is Prevention

► **Please download and import the following iCalendar (.ics) files to your calendar system:**

https://zoom.us/meeting/tjErfumhrjksGdWRpsmB_TH-2WBksFHSo--a/ics?icsToken=98tyKuCtqDIqE9SXthqGRowMBIr4c_PziHpdjadqrg_2DgJsViu7ZNVgOaFZOOvf

► **Join Zoom Meeting:**

<https://zoom.us/j/95690902631?pwd=SjRjaXM2ODdva3NON09vMm0vdIVvQT09>

► **Meeting ID:** 956 9090 2631

► **Passcode:** PRV

For more information, please contact: Christina Osawabine at chosawabine@sagchip.org or 989.775.4818



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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