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Loving Myself: Self-Care

Christy Helvajian and Chiquitta Nash guide members through an evening of “me” time, sharing stories and information along the way. A guided nature walk to a lake in the Northwestern United States completes the journey.

Three takeaways from the “me” time:

1. Self-care is not selfish; it’s necessary
2. What gives you joy? Do that thing!
3. Find your happy place.

This zoom forum was held February 21, 2024.

Click on the link below to listen in.

https://us02web.zoom.us/rec/share/lVZFtq41oI_m57ZB0t90iRmjK41wA0FEReNkvpea8mp3QMvj76cU1nOjjobhZ4Fo.J_qZB6Ng7oK_W7hn?startTime=1708565671000

Passcode: Awx*7fdm

Enjoy!

Email us at info@multiplesofamerica.org with questions or comments.

Look in the Members’ Only section to register for an upcoming Zoom Connect. Check the Spring Mailing for a calendar of the remaining Zoom Connects for the 2023-24 term.

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CONNECTING + SUPPORTING MULTIPLE BIRTH FAMILIES

(Also known as the National Organization of Mothers of Twins Clubs)