



Renewing the Soul: Empowering Ministry Leaders and Board Members Through Self Care

*Sponsored by
Unity Worldwide Ministries Eastern Region and Southeast Region
Facilitated by Meico Marquette Whitlock*

Are you feeling weary, exhausted, and weighed down with uncertainty after navigating the challenges of the past few years? If so, it may be time to rethink your self-care and well-being practices as you begin and plan for 2024.

During this interactive webinar, we'll explore the common challenges that get in the way of you taking care of yourself while serving others, practical strategies for making self-care work for you, and how to practice what you preach even when times get tough.

Don't miss this opportunity to invest in yourself and learn how to put self-care into action in a practical and soul-fulfilling way.

Come prepared to pause, reflect, and take action.

Wednesday, February 14, 10:30 am to 12:30 pm
Thursday, February 22, 4:00 pm to 5:30 pm

Eastern Region participants go to www.unityeasternregion.org/21stCentury to register
Southeast Region Participants go to <https://seunity.breezechms.com/form/c913fa> to register

Registration is a two-step process – register and pay \$75 for your ministry/send the link to each individual who wishes to attend/they register at no cost to receive their personalized link.
Scholarships available: Contact ministryconsultant@unityeasternregion.org or revbethdh@aol.com