



You are invited to join us for our Virtual Speaker Meeting
Thursday October 15, 2020

“Self-Care: A Selfless Act.”

Presenter

Simon Desmarais-Zalob

Solano County Office of Education



Thursday October 15, 2020 6:30 p.m. to 7:30 p.m.

Join us through Zoom

Meeting ID: 852 3375 5293 Passcode: 122081

ALL ARE WELCOME! INVITE A FRIEND!

stigmafree

FOR MORE INFORMATION, CONTACT: NAMI SOLANO COUNTY

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HEALTH - RECOVERY - HOPE