



## Join our S3 Meeting on Self-Care and Mindfulness!

Thursday  
March 21, 2024  
5:00pm – 6:00pm on Zoom

During this meeting, we will discuss various aspects of our health, identify healthy self-care strategies, and learn how to use mindfulness as a helpful tool.

S3 provides an inclusive space for students with diverse learning needs to acquire resources that promote educational success and self-advocacy.

For more information about S3, please visit the site:

<https://ddi.wayne.edu/s3>

Register for the meeting by scanning the QR code below:



See you there!