

Hosted by:



LionsVirtual.org



Nurture • Recharge • Grow
Awareness, Action, and Everyday Self-Care

Virtual Workshop



<https://sholink.to/SelfCare>

Virtual Hands-On Interactive Workshop — an experience that combines reflection with action and gives you practical ways to engage, whether live or by replay.

What makes it unique:

- Guided activities and breakout sessions give you space to reflect, connect, and engage, moving beyond simply listening.
- A companion workbook organizes each exercise, captures your insights, and becomes a practical resource you can revisit anytime.
- Replay is designed to stay interactive, letting you work through the full set of activities later, so you actively participate instead of passively watching.
- Take It Forward — by using the replay and workbooks, you can co-facilitate this workshop with your group, building in time for reflection and discussion together.

This isn't just another talk — it's a hands-on experience that helps you notice, recharge, and grow, with tools you can take forward in ways that last.

Lions Global Week of Service Mental Health & Well-Being

Let's Talk: Self Care

Live workshop for mental wellbeing
Created & Led by Lion Roger Chevrier



Live Workshop Saturday, October 11th, 2025 - 7AM PDT (Vancouver) GMT-7