

# Rural Resilience Lecture Series

## SELF-CARE: TAKING CARE OF MYSELF SO I CAN HELP OTHERS!

Tuesday, August 29, 2023 | 11:00 am - 12:00 pm | Zoom



Scott Breedlove  
Speaker  
Landmark Recovery



Chiquita Chanay  
Moderator  
University of Missouri Extension

### WHO IS INVITED?

Extension, Public Health, Social Work, Behavioral Health Professionals  
Community Based Organizations | Faculty & Staff at Land Grant Institutions

### REGISTER HERE

*You will receive a calendar invite once you have registered*

**Questions? Contact Allene Gremaud at [agremaud@missouri.edu](mailto:agremaud@missouri.edu)**

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Community Health Engagement & Outreach

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