

**Miami-Dade Unit**



**March 14, 2018 • 6:00–9:00 p.m.**

**“Advocate for Yourself: Self-Care Day”**

*Presented by: Paty Hernandez, RSWI*

**Event will be held at:**

Florida International University  
11200 SW 8th Street  
Room GC243  
Miami, FL 33199

*Join us for a FREE self-care workshop offering social workers an evening of self-care. There will be speakers, healthy food, relaxation services and networking.*

**To register, go to [www.naswfl.org/events.html](http://www.naswfl.org/events.html).**