



Virtual Learning Series: Tips for Self-Care

About the Session: Have you ever had a teacher you didn't like but that taught you a lot? In this virtual learning session, the facilitator will share how cancer became her greatest teacher. Participants will learn mindfulness based tips and be led through practices to help support self-care. This interactive session will also create an opportunity for participants to connect with each other through online chat.

Meet Rachna: Rachna has 12+ years of experience as an educator and in senior leadership roles including teaching workshops on mindfulness and resiliency for the Provincial Government and a course on Mindfulness and Teams at the University of Toronto's, School of Continuing Education. With over 50 published articles on mental well-being, Rachna aspires to inspire others to "connect with their calm," and experience more joy in the present moment through making small, simple shifts in daily living.

Connect with Rachna

Instagram: @mindfullyyours