

# Self Care 101

Lunch and Learn sponsored by Pineland BHDD

**When:** September 22, 2017  
12:00 pm-1:30 pm

**Where:** Pineland Training and Education Building  
609 East Grady St.  
Statesboro, GA 30458

**Presenter:** Michelle Meadows LPC, NCC  
Behavioral Health Director, Pineland BHDD

**Registration:** Please email Lauren Sayers at  
[Ljsayers@pinelandcsb.org](mailto:Ljsayers@pinelandcsb.org) to register.

## Objectives:

1. Define Self Care. Perform Self Care assessment.
2. List the components of Self Care.
3. Participate in and lead Self Care exercises.

## CE Credits:

- LPCA – Credit application has been made to the Licensed Professional Counselors Association of Georgia
- NASW - Credit application has been made to the National Association of Social Workers - Georgia (NASW-GA)
- ADACBGA – Credit application has been made to the Alcohol and Drug Abuse Certification Board of Georgia
- Nursing - The Georgia Board of Nursing deems Magnolia Coastlands Area Health Education Center as an acceptable provider for continuing education (CE). This activity has been submitted to MCAHEC for the approval of 1.5 CE hours toward the continuing competency requirements for Georgia licensure renewal.

