



Self Care Workshop

"Fill Your Cup so you can overflow onto others"

What's This All About?



- Transform your Potential into Purpose
- Declutter to Clear Your Mind
- Relaxation Techniques with Reiki
- Work your Way through Loss
- Find Your Moxie!



Workshop Highlights:

- Group Activities
- Grounding Exercises
- Self-Reflection
- How to Ask for Help
- and More!

Friday, February 20th 2026

10am - 3pm

Shenendehowa United Methodist Church
Fellowship Hall (Door F)
971 Route 146 Clifton Park, NY

Limited Seating - Registration Required

Connect with others for fun
and fellowship.

Questions? Contact:
Terra@captaincares.org
or call: (518) 399-3262