

# Self-Care Isn't Selfish!



Learning to take care of yourself can be challenging, especially when there is never enough time in the day. Luzio & Associates is now offering an adult self-care group! The group will be led by our very own Jeanne Miller, LCSW.

## When?

Every Tuesday starting  
October 22nd, 2019

## Time?

Group sessions will be  
held from 5pm to 6pm

## Where?

This group will be held  
at Luzio & Associates

## Insurance?

Most insurance plans are  
accepted. Contact our  
office for more info!

## Who is able to attend?

Patients **must** be 18 years  
or older. *It is open to both  
men and women.*



**Contact Luzio & Associates to register today!**



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