Omaha ewi

CONNECTIONS | CAREERS | COMMUNITY

# EWI FEBRUARY CHAPTER MEETING!



## *Treat Yourself: A Self-Care Guide For Busy Women*

Our Guest Speaker will be

## Becky Hancock

Lutheran Family Services

Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. Taking good care of yourself is paramount to your mental health. Rebecca Hancock is the Crisis Intervention Team Program Manager at Lutheran Family Services and a retired Deputy Sheriff with 21 years of experience as a law enforcement officer. Rebecca and her team train criminal justice professionals and human service workers throughout the state of Nebraska in mental health signs and symptoms, stigma, trauma, and critical incident management to name a few. Rebecca will share with us different ways we can engage in self-care.

## Wednesday, February 22, 2023
## Outlook Nebraska
## 4125 South 72nd Street, Omaha, NE

5:30PM - Registration/ Networking
6:00PM – Dinner, followed by Program

**$30.00 PER PERSON RSVP by Wednesday, February 15**

**NAME:** _____

**FIRM:** _____

**GUESTS:** _____

**Please let us know of any food allergy or diet restriction:** _____

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