



Self-care isn't selfish



Don't let anyone suggest that caring for you is the wrong thing to do. In fact, it's the best thing you can do!

Register for this [live webinar](#) on Wednesday, March 8 at 1:00 pm CT to:

- Learn how to make self-care a priority.
- Gain skills for creating emotional balance in your life.
- Identify ways to better incorporate self-care practices into your daily routine.

**All live webinars are recorded and posted on your member website.*

Visit Member.MagellanHealthcare.com or call your Employee Assistance Program at 1-800-356-7089 (TTY 711) for helpful resources.