

# EXPRESS YOURSELF

## A BEGINNER'S GUIDE TO EXPLORING EMOTIONS

How are you feeling? In this one-session workshop, learn how to identify, sit with, and competently act on your emotions.

### FALL 2022 DATES:

September 20

2:00-3:00pm

<https://cglink.me/2cS/r1654144>



September 22

2:00-3:00pm

<https://cglink.me/2cS/r1654146>



Open to all CWRU, CIA, CIM and KSU Podiatry undergraduate and graduate students



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