



INVITES YOU TO JOIN US FOR A
**SPECIAL FREE
ONLINE WORKSHOP**

Caregiver Self-Care



*African
Culture*
AS A SOURCE OF
**MENTAL
WELLBEING**



Presented by
**Dr. Patricia
"Karabo"
Nunley**

**Saturday
Oct 18, 2025**
9:45am - 12:30pm
Zoom opens at 9:30am



REGISTER TODAY

<https://tinyurl.com/AAFOP-OCT18>
or call (510) 697-8533

After registering, you will receive a confirmation email containing
information with codes to join the meeting.

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