

Empower Her

LIGHT LUNCH
PROVIDED

The Art of Saying No: Prioritizing Self-Care for Women in Academia

March 6, 2024

12:10 to 12:50

DeSantis 2097 or Zoom

<https://forms.office.com/r/HnVxM6sxFJ>



Christi M. Navarro, Ph.D., M.S.

**Assistant Professor
of Public Health**

In the dynamic realm of academia, women often navigate demanding roles, balancing the expectations of their academic pursuits, professional responsibilities, and personal lives.

This workshop is designed to help us embrace self-care and enhanced well-being as we navigate our role with purpose and balance.

<https://nsu-fl.aauw.net/>

RSVP Form: The Art of Saying "No"
and Prioritizing Self-Care for
Women in Academia



Questions?
sims@nova.edu