



JULY 30

JOIN CHICAGO FINANCIAL WOMEN
**VIRTUAL SELF-CARE
FAVORITE THINGS
HAPPY HOUR**



Date: Thursday, July 30th
Location: Virtual
Time: 4:30pm – 6:00pm
Cost: FREE

EVENT DETAILS

Join Chicago Financial Women for a Virtual Self-Care Favorite Things Happy Hour

Join CFW at our second virtual event, where we'll be sharing our favorite beauty and wellness products, self-care routines, meditation podcasts, etc. We're all feeling a bit of Zoom fatigue at this point, so we encourage you to follow the lead of our Events Team pictured above and get comfy, grab a drink, and meet us on Zoom to share how we are decompressing!

Why should you add self-care to your daily routine? Self-care practices are deliberate behaviors you can perform to enrich your physical and mental well-being. Although it's a simple concept, it is often overlooked. It is important to implement as it may improve your mood and can reduce anxiety, all while fostering a good relationship with oneself and others. Self-care is about knowing what we need to do in order to take care of ourselves so we can exist in a space where we can give attention and support to our friends and loved ones.

AGENDA:

4:30
Welcoming Remarks

4:45
Individual Introductions

5:00
Self-Care Product Share/ Conversation

RSVP by July 28

LEARN MORE ABOUT CFW'S EVENTS BY SIGNING UP AT WWW.CHICAGOFW.ORG



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