

The [AALS Section on Academic Support's](#) next Final Fridays Webinar, titled "Supporting Ourselves & Each Other," will focus on self-care.

On Friday, June 26 at 1:00 EST, panelists [Tracy Kepler](#) (CNA Insurance), [Danielle Kocal](#) (Pace), and [Courtney Lee](#) (U. of Pacific McGeorge) will provide concrete suggestions on how we can implement self-care techniques like mindfulness, mind-body-connections, grit, and resilience into our everyday lives. [Jamie Kleppetsch](#) (DePaul) will moderate the discussion.

AALS-ASP Final Fridays Webinar Series
"Supporting Ourselves & Each Other"
June 26, 2020
1:00 – 2:30 p.m. EST

Join Zoom Meeting

<https://wvu.zoom.us/j/91310387869?pwd=Mk5YME9tWXk4L1A1TmxDOGU1Y0JqQT09>

Meeting ID: 913 1038 7869
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Participation is free and open to all. The webinars will also be available for on-demand viewing later, via the members-only section of the AALS Section on Academic Support webpage. The benefit of participating live is the ability to ask questions of our panelists and to engage in the discussion.

After the panel discussion, we invite attendees to stick around for an informal and off-the-record "vent session" with their fellow ASP'ers. (Adult beverages optional.)