Facebook/Instagram/LinkedIn:

I’m joining the NCCAA Self-Care Challenge this October and want you to join me! It’s been a tough year for all of us and I want to learn some new ways to practice self-care and upgrade my current routine. I would love to have you i join me! It’s been ages since many of us have hung out or talked and I want to change that during this challenge!

It’s a 31-day challenge with new self-care tips to try each day. We’ll get to explore and practice the various types of self-care. Learn more about the challenge at https://www.nccaa.net/self-care

#NCCAASelfCareChallenge #SelfCareChallenge

Twitter:

I’m participating in the #NCCAASelfCareChallenge and want you to join me! Treat yourself all month to some new tips and tricks on how to better care for ourselves. Each day we’ll learn more about self-care and get practical information on new activities! Comment if you want to join me! https://www.nccaa.net/self-care