

# Save the date!

## Sept 28, 2023

### 12:30-4:30pm MDT

At Western Colorado  
Healthcare System

# VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Western Colorado Health Care System

*Experiential Self-Care Exercises for Veterans & VA Staff  
Drop-in at your leisure!*

# Suicide Prevention Self-Care Summit

In-Person Building 6 Rm 103 or Virtual Viewing Via Teams

## Self-Care Agenda

*Building 6 Rm 103 & Online MS Teams*

### 12:30-1pm: Welcome & Introduction

Jerred Endsley, LCSW Local Recovery Coordinator

### 1-2pm: Mindful Self-Compassion

David Muniz, Peer Specialist; Jeremy Harris, Peer Apprentice

### 2-3pm: Yoga & Recreational Therapy

Maksim Zaporozhchenko, Yoga & Recreational Therapist

### 3-4pm: Whole Health Self-Care Activity

Brooke Wimer, OT Whole health Program Coordinator

### 4-4:30pm: Discussion and Closing

Jerred Endsley, LCSW Local Recovery Coordinator

Scan to join meeting!



### **Join by phone (audio only)**

*Dial 1-872-701-0185 Conference ID: 599 673 947#*

### **Join by web browser**

<https://www.microsoft.com/en-us/microsoft-teams/join-a-meeting?rtc=1>

*Meeting ID: 263 800 390 285*

*Passcode: SoNd6P*