



Canva

# Self Care and You

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**Join CAST for a discussion on how to  
take care of yourself as a student!**

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**Wednesday, November 9th, 3-4 pm  
LIBR 120**

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**Self-care freebies will be given  
to those who join!**

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**Missouri  
State**

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**CENTER for  
ACADEMIC SUCCESS  
AND TRANSITION**