



# SELF-CARE SEPTEMBER: TRIAL BY WELLNESS

Presented by Your Legal Methods Student Leaders

**Event Description:**

September is known as Self-Care Awareness Month. And we want to give you the opportunity to practice self-care during the month of September by participating in a friendly competition with your fellow 1Ls. Each section will participate in a series of challenges throughout the month.

**Prize:** The section with the most points at the end of the month wins a pizza party!

For more information, [click here](#).

To receive updates and to see pictures of your fellow 1Ls completing the challenges, [join the community page](#).

**Questions?** Contact Your Legal Methods Student Leaders

