**“GoFundYou” Workshop Series**

**Presented by UK #IChampionHealth**

**Community Health Fair – 5/24/25 – BCTC Newtown**

**SESSION 1 (12:15-1:00):**

* *Title*: “GoFundYou: Money and Housing Expert Panel”
* *Time*: 12:15 – 1:00 PM
* *Description*: Money and housing are basic needs of life, but navigating them can be stressful. In this session, local experts will share simple tips about how to handle your money, find stable housing, and get support if you need it. Whether you are planning for the future or dealing with a tough situation right now, you’ll learn ways to take the next step. Bring your questions and join the conversation!

**SESSION 2 (1:15-2:00):**

* *Title*: “GoFundYou: Finding Your Rhythm Through Self-Care”
* *Time*: 1:15 – 2:00 PM
* *Description*: What do rhythm and self-care have to do with each other? Find out in this recharging session with Dr. Sheerah Keith, a registered play therapist and postdoctoral scholar with the UK College of Education. You’ll also have opportunities to explore a joyful self-care practice.

**SESSION 3 (2:15-3:00):**

* *Title*: “GoFundYou: Preparing for a Crisis Expert Panel”
* *Time*: 2:15 – 3:00 PM
* *Description*: Life doesn’t always go as planned for you or those you love. In this session, local experts will share easy steps you can take now to get prepared for crises, big or small. Learn how to make a simple plan, find helpful resources, and stay strong during hard times. You’ll leave with ideas and tools you can use to help yourself, your family, and your community.