



The "Embracing Life's Challenges"

Health and Wellness Series

July 12, 2026: Tri C Speakers
Jason Moore, LPC

Title of Presentation: The Importance of Self-Care:

A troubling reality of modernity is that busyness characterizes the average American lifestyle. Go-getters are rewarded while laziness is frowned upon. Yet, what is sometimes lost in one's pursuit of the American Dream is the value of self-care.

This presentation highlights what self-care is not, and why it should be incorporated into one's daily life.

Bio: Jason is the Program Manager for the Cleveland Humanities Collaborative at Tri-C. He also works as an adjunct instructor, teaching courses in philosophy, humanities, and religious studies. Prior to becoming Program Manager, Jason was a Lecturer in Philosophy at Tri-C Metro campus, as well as a Visiting Instructor in theology at Notre Dame College. In addition, he has worked as a mental health counselor and is currently an LPC. Jason is the author of the book *Divine Frustrations: Exploring the Most Challenging Complaints About God*.
