



LUNCH LEARN

Resiliency: Bouncing Back After a Setback

April 8

11:30 a.m. to 12:30 p.m.

Certain individuals appear to succeed against all odds. Despite hardships such as chronic illness, abuse, the loss of a loved one, or unemployment, certain people not only adapt but thrive. These people possess a quality known as “resilience.”

This workshop will examine the characteristics of resilience and discover ways to introduce greater resilience into our lives.

[Register Here!](#)