Hope and Resilience

How to make friends with the life you have

The stresses of life face us all. Over time, the damaging effects can create poor health and take joy from our lives. Research shows that even if you’re not born with a sunny disposition, you can learn ways to face life’s challenges with greater resilience. In this program we will discuss the qualities of a “hopeful person,” and practice techniques to build hope in day-to-day life.

*Presenter: Judi England, RN, licensed massage therapist, and professionally certified Kripalu yoga instructor.*

Join us and start 2019 off on a positive note!

**To Register:**
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Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Wednesday, February 6
Noon—1:00 pm
Campus Center
Room 375