



BRANDEIS SCHOOL OF LAW



Stress Resilience 101

Thursday, April 14th

1:00 – 2:00 in Room 175

Food provided!

Learn from the resilience pros in UofL Health Promotion Wellbeing Central how to build your capacity for stress resilience. A variety of strategies can address your most pressing challenges. Life balance is a myth! You will learn how to thrive by living *off-balance...on purpose!*

Brought to you by the Office of Student Services and

Health Promotion Wellbeing Central  louisville.edu/healthpromotion