

# What's Next?

## A Resiliency Program



**Wednesdays, Sept. 23 - Dec. 30**

**6:00-7:00 p.m. CST**

**Attend any or all sessions.**

**Register by clicking the link below:**

**<https://tinyurl.com/y4pw9v3w>**

The dictionary defines resilience as the ability of something to return to its original size and shape after being bent, compressed or stretched. Resilience also means the ability to recover after experiencing illness, depression, trauma or other adversity.

Join us for "What's Next?" - a weekly resilience program that uses evidence-based scientific studies, combined with encouragement from faith-based resources, to enlighten us on this important topic.

Together, we will gain the tools to help us:

- build resilience amid the difficulties of life
- learn from our experiences
- use the knowledge we gain to nourish ourselves and the world around us



LaShondria Purnell, RN, facilitates "What's Next?" and looks forward to learning alongside you.

**If you have questions, contact Lashondria at:**  
**[Lashondria.Purnell@advocatehealth.com](mailto:Lashondria.Purnell@advocatehealth.com) or**  
**708-506-8724.**

Lashondria, known as Shonie, is a community referral source and Faith Community Nurse with Advocate Health Care.



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