

Wyoming Department of Health and
training partner Flitner Strategies present

REWIRING FOR RESILIENCE

ONLINE RESILIENCE AND MINDFULNESS TRAINING
FREE TO WYOMING'S HEALTH AND WELLNESS WORKERS

*Connect with other Wyomingites while learning science-based
practices that reduce stress and increase your resilience.*

TWO CONVENIENT FORMATS

- Live Instructor-led training via Zoom
 - Self-guided online program
-

SEPTEMBER | OCTOBER 2021



FOR DETAILS AND TO REGISTER, VISIT

WWW.FLITNER.NET/RESILIENCE

DEADLINE: SEPTEMBER 24

SPACE IS LIMITED

deb@flitner.net



FLITNER
STRATEGIES