

Behaviors: Healthy vs Unhealthy How to Realistically Change Them



In this class, we will explore the process of changing habits. Topics will include identifying habits that support health and well-being; setting realistic and meaningful goals; using practical, evidence-based strategies to support behavior change; and learning how to respond with flexibility and self-compassion when change does not go as planned. You will leave the class with a personalized, realistic habit-change plan that you can begin implementing immediately to support continued growth, health, and quality of life.

Tuesday, March 10, 2026

1:00 pm – 3:00 pm

Hybrid class: Online through **Yuja** and In-person at Wyllie, room D153



ABOUT OUR PRESENTER: Jordan Snyder, PsyD, is a licensed clinical psychologist and Assistant Professor of Psychology at UW–Parkside. He has worked clinically in a variety of settings, including a juvenile detention facility, college counseling centers, community mental health clinics, hospitals, primary care, a residential facility, and inpatient psychiatric units. He completed his psychology internship at the Alaska VA

Healthcare System in Anchorage, Alaska, and his postdoctoral fellowship in clinical psychology at the San Diego VA Healthcare System, where he focused on working with individuals experiencing psychosis. His research examines the interaction between mental health and social processes—such as forgiveness and reconciliation—in the aftermath of human conflict in Rwanda and the Democratic Republic of the Congo.

Questions? Contact Linda Campeau at lcampeau@wi.rr.com

Register by: 03/06/2026

To register [Click Here](#)