



# Learn how to thrive, deal with stress

Come join us for a presentation  
by Author — Dr. Lee Baucom

**Thursday, August 30, 1:30 p.m.-2:30 p.m.**  
**Wesley Manor—Assisted Living Center**  
**5012 East Manslick Road, Louisville**



**Lee H. Baucom, PhD**  
*Author*

A copy of his book, *Thrive Principles*, will be provided to each participant. The presentation is free, but reservations are required by August 17 by calling (502) 969-3277 or [info@wesman.org](mailto:info@wesman.org). Space is limited.

Many people confuse thriving with being happy or having no challenges. But according to Dr. Lee Baucom, the pursuit of happiness is rarely helpful, and challenges in life are what teach us to thrive. In his presentation at Wesley Manor, Dr. Baucom will share several strategies for thriving, dealing with stress, finding meaning, and living a life of purpose. He will be drawing from his two recent books, *Thrive Principles* and *The Immutable Laws of Living*. If you are feeling stuck or want to have a deeper sense of purpose in your life, do not miss this presentation. ♥

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Wesley Manor serves its residents and families with a dedicated  
and professional staff, in a nurturing Christian community.