

LIVING YOUR BEST LIFE

During times of stress, emotional upheaval, and crisis

with Dr. Nancy Zarse, PsyD

FEEL LIKE YOU'RE DROWNING IN STRESS?

School. Work. Family. Health.
Racial tension. Political upheaval.

Oh, and have you finished (or started?) your
holiday shopping??

That's why you need this workshop.
One hour, online. Easy.

Dr. Zarse understands the pressures of life, and more importantly, how to manage it. She'll explain the impact of stress and the how-to of self care. With her extensive clinical experience in the areas of stress, crisis, and trauma, Dr. Zarse will share the common elements of resilient people and the characteristics of the happiest countries in the world.

She'll help you figure out how to balance all the STUFF and develop a SIMPLE, personalized wellness plan. She'll get you on the path to living your best life ... even if you haven't finished your holiday shopping.



**THURSDAY
DEC. 8, 2022**

REGISTER

**3:45-4:45 PM
VIA ZOOM**



DuPage Regional Office of
EDUCATION

Excellence in Education