THE ROAD TO RESILIENCE

Your Personal Journey to . . .

develop and use a personal strategy for enhancing your resilience.



AUGUST 15 - SEPTEMBER 11

Registration begins August 1!

Learn and practice behaviors, thoughts and actions that can help you bounce back when tough situations occur.

Participants eligible for 4 weekly drawings for a $25 Amazon gift card.
4 - $75 Amazon gift card drawings for eligible participants who complete the challenge!

www.mywellsite.com/ip/corandrps