

THRIVING THROUGH LIFE'S PEAKS & VALLEYS

Our greatest glory is not in never falling, but in rising every time we fall." - Confucius

Research has shown that higher resilience is related to greater use of **positive coping strategies**, **lower levels of anxiety and depressive symptoms**, and **better sleep quality**.

Learn strategies to maintain **balance** and **fulfillment** throughout life's ups and downs. Discover how to navigate the challenges of mid-life with **resilience, purpose, and a positive outlook**.

REGISTER TO LEARN MORE ABOUT THRIVING WITH RESILIENCE!



JOIN KAPNICK STRIVE ON
WEDNESDAY, AUGUST 27TH
12:00 P.M.-12:30 P.M. EST

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