

*You are invited to attend this
FREE WORKSHOP*

Tools for Building Resilience: Managing Stress

Presented by Presbyterian Disaster Assistance
Sponsored by Presbytery of St. Augustine

Location and Registration

Wednesday, June 28, 2017

9:30 AM - 2:00 PM

Memorial Presbyterian Church

32 Sevilla St.

St. Augustine, FL 32084

or Thursday, June 29, 2017

9:30 AM – 2:00 PM

Westminster Presbyterian Church

1521 NW 34th St,

Gainesville, FL 32605

**Please register for the workshop you will be attending,
using this link: <https://www.surveymonkey.com/r/ToolsforResilience>
by Wednesday, June 21, 2017.**

**Sign-in and refreshments begin at 9:00 AM
Lunch will be provided**

Participants will learn...

- ✓ **The necessary elements of personal and professional resilience**
- ✓ **How to transform one's life from the stress of reactivity to the calm effectiveness of intentionality**
- ✓ **Effective practices for wholeness and well being**
- ✓ **Skills to sustain longevity - "to burn brightly and never burn out!"**



**PRESBYTERIAN
DISASTER ASSISTANCE**

OUT OF CHAOS, HOPE