



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SEMINAR FOR ACTIVE ADULTS “Emotional Resilience”

By Dr. Paul Epstein
Friday, April 15, 11:45-12:30 pm

Emotional resilience refers to one's ability to adapt to stressful situations or crisis. Resilience can be developed with little effort. Dr. Epstein, a Naturopathic Physician, mind body therapist and author specializing in mind body integrative medicine will discuss:

- * Emotional Awareness
- * Perseverance
- * Internal Locus of Control
- * Optimism
- * Social Support
- * Sense of Humor
- * Perspective
- * Spirituality
- * Self-Care
- * Cultivate the 7 qualities and intentions in meditation and healing
- * Do Good, Be Good



Questions: Shelly Goldman, Healthy Living Programs Director 203-226-8981 x124
sgoldman@westport.org