



Endure & Bounce Back

An evidence-based training to build resilience, well-being, and optimism. This strengths-based prevention program will equip individuals with a set of practical skills that can be applied in everyday life to strengthen an individual's ability to overcome adversity and challenges, manage stress, and thrive in their personal and professional life.

RESILIENCY TRAINING:

- Increases well-being and optimism
- Reduces and prevents depression, anxiety, and conduct problems
- Improves physical health

PARTICIPANTS WILL ATTEND
1 CLASS PER WEEK FOR 4 WEEKS.

TUESDAYS REGISTER HERE:

<https://attendee.gotowebinar.com/register/3341734002868541708>

WEDNESDAYS REGISTER HERE:

<https://attendee.gotowebinar.com/register/7328888620626183692>



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

This 4-class series focuses on how to build real-life resilience.

WEEK 1:

Foundations for a Healthy Mind

WEEK 2:

Sleep, Recovery & Self-care

WEEK 3:

Mastering Our Emotions

WEEK 4:

Wrapping It All Up

TUESDAYS:

July 7, 14, 21 & 28

1 – 2 p.m.

Go to Webinar

WEDNESDAYS:

July 8, 15, 22 & 209

12 – 1 p.m.

Go to Webinar