

Alive & Thrive

FRIDAYS, 10-11 AM (VIRTUAL)

While adapting to the changes that lie ahead, be sure to take care of yourself and strengthen your ability to cope and care for others. Join each week to practice activities of relaxation and healthy living to increase your confidence and hope.

Learn to recognize signs of toxic stress and new ways to make healthy changes to reduce the negative impact of toxic stress.

HOW TO
JOIN



SCAN THIS CODE WITH YOUR PHONE

[OR VISIT: WWW.SURVEYMONKEY.COM/R/PWC_THRIVE](http://WWW.SURVEYMONKEY.COM/R/PWC_THRIVE)

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