

STAYING STRONG AND RESILIENT

- How do you handle life's challenges? This seminar teaches participants strategies for maintaining strength and resilience in the face of adversity, staying positive, and reducing stress.

**DATE:****Aug 5, 2025****TIME:****11:00am – 1:00pm****LOCATION:****Bldg 750
Conference Rm B****Dial In Info: 850-980-0000****Code: 561 586 89#****Join Online: [MS Teams Link](#)**

*Scan to Join via Teams or
access session details*



**750 Pacific Highway, 1st Floor Conference Room B
San Diego, CA 92132**