

WOGA New York, Inc.



The New York Chapter of Westwood High School Old Girls' Association.



SOUTH FLORIDA CHAPTER WESTWOOD OLD GIRLS ASSOCIATION

SFCWOGA



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THRIVING IN A CULTURE OF WELLNESS: AND THEN I LOOKED AROUND AND SAW A NEW ME!

Education Session - Building Resiliency to Isolation and Loneliness

Monday, May 18, 2020

8:00pm - 9:00pm

RESILIENCE is defined as the ability to cope with and manage both ordinary and extraordinary life events, and return to one's usual state of well-being. Register and attend the first of our 4-Part Educational Series on Health Education and let WOGA New York member, Lois Powell, M.A., M.Ed., MFA help you:

PRESENTER



Lois Powell M.A., M.Ed., MFA

- Understand the importance of resilience in preventing and managing stress
- Identify internal and external factors that support or interfere with resilience
- Identify resources to support and build resilience
- Identify coping skills to assist with maintaining good psychological balance



To attend the webinar, please register using the ZOOM details below:

Link: <https://us02web.zoom.us/j/84590978956?pwd=Qkp5OTZRemNYeE1laDRMTWRsUUUz2QT09>

Telephone: US: +1 646 558 8656 or +1 301 715 8592 or +1 312 626 6799

Webinar ID: 845 9097 8956

Password: 902176