



Life Can Be Tough- Bend Don't Break

Workshop Overview:

Lifetime wellbeing for individuals, families and communities has been linked to developing resilient behaviours.

But what does resilience look like? It is definitely not a matter of being tough in every circumstance no matter what life throws at you; and it is not a fixed trait which a lucky few inherit. This seminar will give you the opportunity to explore how resilience contributes to your health and wellbeing as well as some practical ways to enhance your resilience throughout your life.

Venue: Sanori House 126 Grand Boulevard, Joondalup

Date: Tuesday 18th June 2019

Time: 6:15–8:30pm

Cost: \$20 per person |

Register today

1300 11 44 46

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