



Do you feel overwhelmed?

Have a hard time keeping your emotions in check?

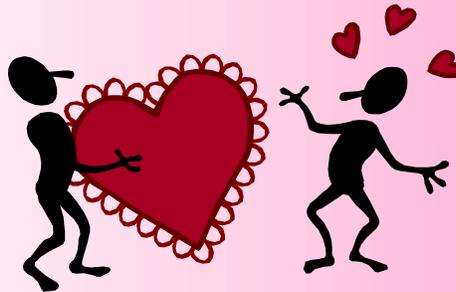
Are you missing out on important things because you just can't focus?

**Family Member Resiliency Training
Presents
The Road to Resiliency**

“Energy Management”

***Learn how to regulate your emotions and boost your energy levels to make you more resilient!
Bring someone you love!***

**13 February, 1800-2000
ACS Ballroom, Building 920
No registration required!**



**For more information, please contact
337-531-0772 or 337-653-3173.**

