

THE WELLNESS CENTER PRESENTS

WELLNESS CENTER

Get well. Be well. Stay well.

# RESILIENCY:

## Shifting from Surviving to Thriving

**EXPLORE NEW WAYS TO ADAPT TO TRANSITION,  
CELEBRATE FAILURE, AND TOLERATE ADVERSITY**

**Tuesday, October 1 at 5PM in the LSC  
Wellness Center, 3rd floor Granada**

Living Your Best Loyola Life drop-in workshop series

**NO RSVP REQUIRED!**



[www.luc.edu/wellness](http://www.luc.edu/wellness)



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