

ANNOUNCING THE **BETTER U** WEBINAR SERIES

for Boise School District Employees and their families



BY DR. MARY STEINHARDT

THE UNIVERSITY OF TEXAS AT AUSTIN

**NATIONALLY RECOGNIZED RESILIENCE EXPERT
AND RESILIENT HUMAN BEING**

Watch your inbox and
REGISTER!

MONDAY
JAN 14

4-4:30 pm **BE RESILIENT BY PRACTICING MINDFULNESS**

MONDAY
JAN 28

4-4:30 pm **BE RESILIENT BY LEARNING TO FIND GROWTH
IN STRESSFUL SITUATIONS**

MONDAY
FEB 11

4-4:30 pm **BE RESILIENT BY UNLEASHING THE POWER
OF POSITIVITY**