



LIVING WELL at U of L

Enhanced Resilience and Well-Being

Follow up to earlier Mindfulness & Self-Compassion session

With Dr. Sienna Caspar, Associate Professor, Therapeutic Recreation,
Faculty of Health Sciences

Dr. Sienna Caspar will explore enhanced resiliency based on the Stoic Philosophy - a philosophy for minimizing the negative emotions in your life and maximizing your gratitude and joy; it includes mindfulness practices and value-based living.

Enhanced Resilience and Well-Being Feb 24, 2021 – 12:00 – 1:00 PM

Register at wellness@uleth.ca and the zoom link will be sent to you.



Register by email: wellness@uleth.ca