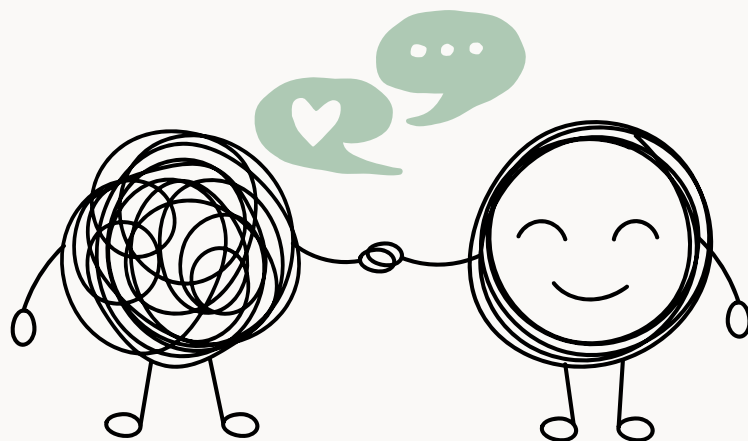


LUNCH & LEARN

BUILDING RESILIENCE

STRENGTHENING YOUR CAPACITY TO THRIVE



REGISTRATION REQUIRED - LUNCH PROVIDED

MAY 13, 2026 | 12:00 PM
SUNSHINE PLACE

JOIN US & UW-MADISON PROGRAM DIRECTOR | THERESA KIM

- ② Understand & Strengthen Your Resilience
- ② Cultivate Mindfulness in Daily Life
- ② Create a Healthier, More Sustainable Work-Life Balance