

A JbXZ `bYgg

The Science of Cultivating Resilience



You're invited!

Please join us for an exciting presentation with

Dr. Angela Lorbeck

DACM, MPH, MSTOM, LAc, DIPL OM

Together we will learn useful mindfulness techniques and strategies and have the opportunity to practice them. These techniques can then be weaved into the busiest, most stressful days.

Wednesday, February 10, 6pm

1.5 CE credits will be provided for Illinois Social Workers, Nurses, and LNHA.

Receive Zoom link when you register at <https://tinyurl.com/MindfulnessFeb10th>

RSVP by February 5th

Dr. Lorbeck, the founder of re:balance, is a spunky and inspiring speaker with a passion for mindfulness training and education. Since 2005, she has presented to 1000s of people, in academic, clinical, community, and business settings on how to cultivate resilience using evidence-based mindfulness strategies.

With 18 years experience, as an integrative medicine clinician and Assistant Professor at Rush University Medical Center, she has a rich history of knowing how to empower people to be a bigger part of their health and wellbeing.

re:balance
achieve more : *mindfully*

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