



4-WEEK ROTATING SERIES
RUNS 3 TIMES/SEMESTER

CPR for Mental Wellbeing

COURAGE | PRESENCE | RESILIENCE

Learn skills to hardwire happiness, grow inner strengths, and lead from your heart.

- **TUES:** 7-8PM LONGWOOD, HSPH, KRESGE 201
- **WED:** 4-5PM SMITH CENTER (HUHS) 4E

Join all or one session or hop in at any time over the semester. You are more likely to experience the benefits by attending all 4 sessions. Begins Sept 17/18, Ends Dec 11/12.

Show up & sign in, or call ahead: 617-495-2042

Ever feel you overwhelmed? That failure is not an option? Can't catch a break? Or you just want some peace of mind and to enjoy student life? Learn new skills to retrain your brain for optimal wellbeing with Tara Cousineau, PhD tcousineau@huhs.harvard.edu

