



DR. SUSAN DAVID DR. KRISTIN NEFF

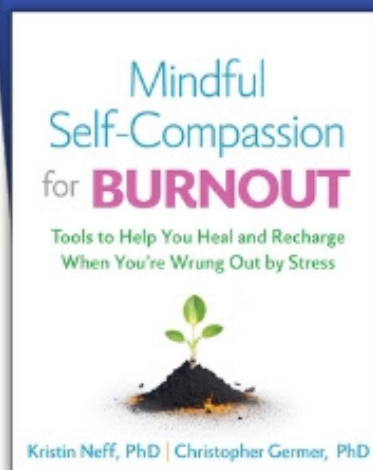
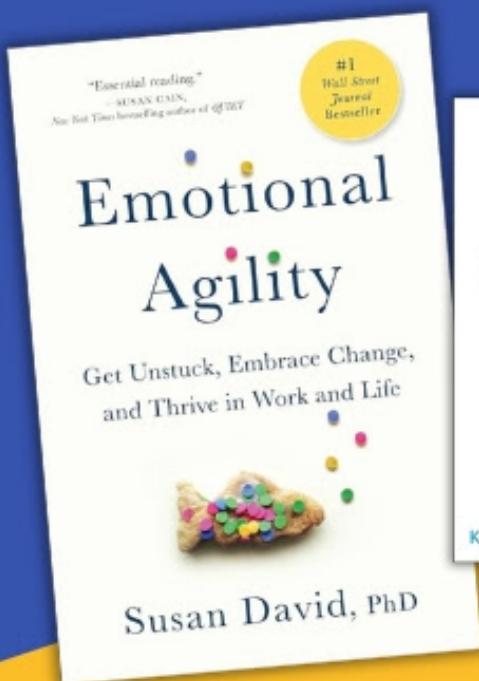
*Emotional Agility: Skills to
Navigate Change and Embrace
Self-Compassion*

FREE EVENT – NO REGISTRATION REQUIRED.



**16
APRIL**

Noon &
7 p.m.
via Zoom



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NO REGISTRATION REQUIRED