



In the last few years, we have all had our share of challenging and stressful events. And while there are many aspects of our lives that we can't control, this presentation will focus on identifying the elements within our control, learning tools and strategies to build resilience and face our challenges so we bounce back faster, emotionally and physically.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit:

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