

Learn to bounce forward

with help from Learn to Live's **NEW** Resilience Program



Resilience refers to the ability to bounce back from life's challenges & to build strength through healthy habits and relationships.

Resilience is Learn to Live's first program designed to proactively provide every person, with or without mental health symptoms, the tools to improve their well-being, leverage personal strengths, and cultivate awareness of how they think, behave and feel. Resiliency can help with:

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Increased motivation
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Improved quality of life
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Higher job satisfaction and performance
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Better relationships with ourselves & others
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Improved focus & ability to cope

Start your journey today!

Visit: www.learntolive.com/partners and enter code: **MIIA**

or Use your phone to scan the QR code

