

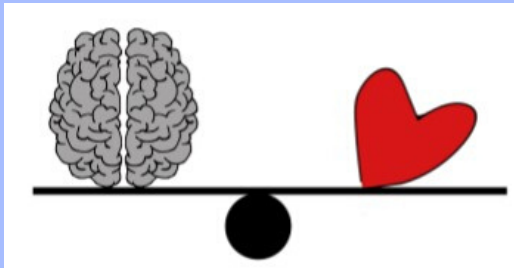


# ACT WITH RESILIENCE

A workshop on psychological flexibility  
Led by Ashley Greenwell, PhD

TUESDAYS 5:30PM-6:30PM  
170 S 1000 E SLC, UT  
\$50 PER SESSION

Today, many of us feel depleted and disconnected from the things that matter most. Join us for a weekly workshop that will focus on increasing your innate resiliency through the use of Acceptance and Commitment Therapy (ACT) principles. With over 300 clinical trials supporting its benefit, ACT provides strategies to meet challenges with greater presence, adaptability and skill, allowing us to re-engage in building a more meaningful and compassionate life.



Please email [info@ucebt.com](mailto:info@ucebt.com) to sign up