

Building resilience

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.

Scan the QR Code



Presented by Florida Blue and

Date:

Time:

Place:

Contact:



Florida Blue is a trade name of Blue Cross and Blue Shield of Florida, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).