

AURORA

BEHAVIORAL HEALTH SYSTEM



WHAT YOU WILL LEARN

- ✓ Understand the difference between quality and quantity of sleep
- ✓ Identify behavior techniques that can help you prepare for better sleep
- ✓ Understand the difference between empathy and sympathy
- ✓ Identify ways to reduce stress by interacting with a diverse social network

RESILIENCE FOR HELPING PROFESSIONALS

Presenter: Vicki Hixson, M.Ed. Retired Mesa Police Detective

August 29th, 2018

11:30 AM – 1:30 PM

Aurora Behavioral Health System - Glendale

Register: <http://bit.ly/AugustLunchandLearn>

This training is free
Food and CEU credits (1.5 hrs each) will be provided

**Due to limited seating, we kindly ask that you
register online.**

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