

SAVE THE DATE

The Michael D. Eisner Center for Teaching and Learning at
California State University, Northridge presents the

Schools First Federal Credit Union

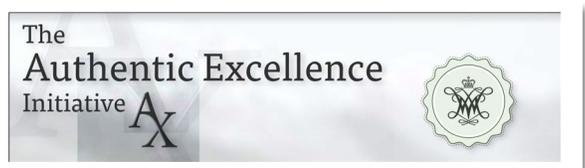
Education on the **EDGE**

Speaker Series

"Flourishing through Chronic Too-Muchness"

R. Kelly Crace, Ph.D.

Author of Authentic Excellence: Flourishing and Resilience in a Relentless World
Associate Vice President for Health & Wellness at The College of William & Mary
and Director of the Center for Mindfulness and Authentic Excellence (CMAX)



Virtual event
on Thursday,
February 23
4:30-6:00 p.m. (Pacific Standard Time)

Our relentless world of demands, uncertainty, pace, and noise can be overwhelming. In 2019, our normal was over-worked and stressed; in 2022, it has drifted into overwhelmed and strained. How do we allow for the honesty of being affected by life and still function and perform at a level we hope or expect of ourselves? This workshop explores evidence-based strategies to flourish while managing absurdity and challenge.

American Sign Language interpreters will be provided.



MICHAEL D. EISNER
COLLEGE OF EDUCATION

