



WELLBEING INITIATIVE

GUSTAVUS ADOLPHUS COLLEGE

LEARN 10 WAYS TO BOUNCE BACK!

Tuesday, September 23, 2014
1:30 p.m. | Alumni Hall
Gustavus Adolphus College
with DR. HENRY EMMONS



Dr. Henry Emmons—
integrative psychiatrist,
bestselling author of
The Chemistry of Joy
and *The Chemistry of
Calm*, national thought
leader in resilience,
and expert on college
student health—offers
proven tips to thrive!



Facing a challenge?
Feeling down?
Got stress?

FREE student workshop
Learn tools to thrive
TAKE TIME FOR YOU!