



RESILIENCY LAB: CRISIS CARE WORKSHOP



**Thursday,
November 20, 2025**



9:00am to 11:00am



**Hernando County Department of Health
7551 Forest Oaks Blvd, Spring Hill, FL 34606**



Kick off this holiday season and re-center yourself as a leader.

Join United Way & Capacity Path Relief for an Interactive Resiliency Lab!

TIPS, TECHNIQUES, & ACTIVITIES ON:

- How to de-stress your body & mind
- How to tap into your natural resilience & inherent strengths
- How to feel uplifted & empowered across all domains



[Visit UnitedWayHernando.org/Crisis-Care2025](https://UnitedWayHernando.org/Crisis-Care2025)



**Reserve your spot for FREE! Breakfast
is included, thanks to our generous
Crisis Prevention Partners at HCA.**

