



STRESS AND RESILIENCE WELLNESS CLASS

Lifestyle & Learning

FREE!

Skyline Hospital Community Education & Wellness Center

211 Skyline Drive
White Salmon, WA 98672

5:30 - 7:30 p.m.
Thursday, October 18

Light Refreshments will be provided.



Using small group discussions in a safe learning environment, this class will cover the following topics:

- Neurobiology of stress
- Learning & memory under stress
- Adverse Childhood Experiences (ACEs)
- Stress in systems
- Reflection
- Trauma Informed Practices
- Resilience

Learn How Adversity Can Help Us Adapt and Grow Stronger

Presented by:

Claire Ranit, project director Resilience Network of the Gorge
Erica Didier, M.D., Skyline Hospital Family Medicine

Class Overview

Learn how the body responds to different types of stress, how toxic stress and trauma affect the human body, and how we can use these experiences as a catalyst to develop resiliency. Topics include:

- **Stress and the Body:** Understanding how the body responds to stress. Different kinds of stress have different impacts on humans.
- **Adverse Childhood Experience (or ACE's):** How toxic stress can cause trauma, and influence how brains develop to interact with the world around them.
- **Resilience:** The ability of someone to bounce back higher than where they started, so the next time they face adversity it doesn't knock them down as hard.
- **Resilient Communities:** How policies, resources, and support play a big role in a person's ability to be resilient. The more resilient each community member, the more resilient the community.



Pre-registration is encouraged, but not required.

To reserve your spot, call 509-637-2601
or email debibudnick@skylinehospital.org.