

BUILD RESILIENCE & DRIVE PERFORMANCE



Game Change is proud to present Australian based **Hugh van Cuylenburg**, a world leader in presenting on the power of Resilience to promote mental well-being, personal performance, and mental and emotional adaptability. Visit: www.theresilienceproject.com.au

WHEN

Monday, October 31
9:30am – 11:30am

WHERE

Justice Institute of BC

715 McBride Blvd, New Westminster

LIMITED SPACE - BOOK NOW

www.resilienceexperience.eventbrite.ca

**FREE EVENT
FOR FIRST
RESPONDERS**

BOOK NOW

[www.resilienceexperience
.eventbrite.ca](http://www.resilienceexperience.eventbrite.ca)

OPEN TO

**Police
Ambulance
Military
Fire**

TAKE AWAYS

**Mental Strength
Control Emotions
Be in the Moment**

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