



PRACTICE MINDFULNESS, OPTIMISM,  
GRATITUDE AND CONNECTION.



MINDFULNESS



OPTIMISM



GRATITUDE



CONNECTION

Join the Work of Art 4-week challenge and practice activities that elevate emotional well-being, including skills to enhance resilience and boost happiness.

➔ **Register Today:**  
[sfhss.org/well-being](https://sfhss.org/well-being)

➔ **Starts:**  
**November 16, 2020**