



Revitalize Through Rest



Why do we resist rest when it's what we may need the very most?

Inspired by *The 7 Types of Rest* by Dr. Sandra Dalton-Smith and *Rest: Why You Get More Done When You Work Less* by Alex Soojung-Kim Pang, this restorative series explains the science of rest resistance and challenges the culture of extreme overwork. Although we may not be able to control our workload, we will explore how prioritizing rest goes beyond optimizing sleep and how to capitalize on active pursuits that will equal restoration in seven key areas of life.

Tuesdays at 4:00 pm, beginning November 5th

Week 1 Why We Resist and Rest is Work's Partner

Week 2 Physical and Mental Rest

Week 3 Spiritual, Emotional and Social Rest

Week 4 Sensory and Creative Rest



Register Now!
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Can't attend the live session? Register anyway and receive the recording after.