

Strive to Thrive

Are you *thriving*
or *just surviving*?

Thriving

CLASS DATES:

Jan 5, 12, 19, 26,
Feb 2

6:30 p.m. – 8:00 p.m.

Introduction

Transitions

CLASS LOCATION:

Virtual

Microsoft Teams link
will be sent upon
registration

Resilience



Building Connections

Mental Wellness For All

Strive to Thrive is a FREE program to help you explore your symptoms of wellness and improve your mental health. It is a 5-week program to help develop skills, knowledge and practices to empower you to thrive.

1-877-509-7852

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PRAIRIE MOUNTAIN HEALTH