

**SAVE THE DATE**

The Michael D. Eisner Center for Teaching and Learning at  
California State University, Northridge presents the

*Schools First Federal Credit Union*

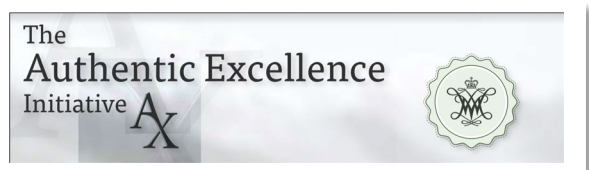
# Education on the **EDGE**

**Speaker Series**

## "Flourishing through Chronic Too-Muchness"

**R. Kelly Crace, Ph.D.**

*Author of Authentic Excellence: Flourishing and Resilience in a Relentless World*  
Associate Vice President for Health & Wellness at The College of William & Mary  
and Director of the Center for Mindfulness and Authentic Excellence (CMAX)



**Virtual event**  
on Thursday,  
**February 23**  
4:30-6:00 p.m. (Pacific Standard Time)

Our relentless world of demands, uncertainty, pace, and noise can be overwhelming. In 2019, our normal was over-worked and stressed; in 2022, it has drifted into overwhelmed and strained. How do we allow for the honesty of being affected by life and still function and perform at a level we hope or expect of ourselves? This workshop explores evidence-based strategies to flourish while managing absurdity and challenge.

American Sign Language interpreters will be provided.



MICHAEL D. EISNER  
COLLEGE OF EDUCATION

