



Communication for Well-being Lara Kallander, Ph.D., MAPP

Positive psychologists have studied what makes people enjoy their lives more and one opportunity is communication



This 90-minute session will introduce the value of communication and include interactive exercises to practice and grow communication skills. These skills are useful with family, co-workers and the broader community. Come if you are interested in learning more about the link between communication and well-being, to apply it to your own life.



Don't miss this **interactive** and informative program presented by [Dr. Lara Kallander](#) – scientist, speaker, and professional coach and the owner of [Thriving Through Adversity Coaching!](#)

Date: Thursday, November 21, 2019
Location: Thomas Jefferson University, Lobby, 901 Walnut St., Philadelphia– see [map](#)
Time: 6:00 p.m. Check-In, Networking, Pizza; Program will begin promptly at 6:30 p.m.
Price: AWIS-PHL members \$12/Non-members \$15/Students and Postdocs \$10

Preregistration is required: <https://awisphl.org/events/nov2019/>

Registration deadline: Noon, Tuesday, November 19, 2019

Cancellation with refund permitted until noon, Thursday, November 21, 2019

For questions, payment alternatives, or late registration, email rsvp@awisphl.org

Driving and Public Transit Directions and Campus Map: <http://www.jefferson.edu/university/maps-and-directions.html>

Self-Pay Parking is available in the garage beneath the Hamilton Building (entrance on 11th Street), and in the Jefferson Neuroscience garage (on 9th just north of Locust) as indicated on campus map. There are other garages in the area as well as on-street metered parking.