

PRUSIK\* PRESENTS:

\*PRUS-İK: A LIFE-SAVING KNOT THAT LOCKS UNDER PRESSURE.

# BUILD A STRONGER BRAIN

## MOTIVATIONAL WORKSHOP

A ONE-HOUR SEMINAR PROVIDING AN EFFECTIVE GAME-PLAN  
FOR NAVIGATING LIFE'S DIFFICULT DECISIONS

**Tuesday OCTOBER 6th - 12-1 - Free**

**Open to students, staff & faculty**

Registration link: [https://docs.google.com/forms/d/e/1FAIpQLSdxsp4yAdRfaKkzPxDGDf6ke3TgHglNuI\\_heh4J6-gf0LgvEw/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSdxsp4yAdRfaKkzPxDGDf6ke3TgHglNuI_heh4J6-gf0LgvEw/viewform?vc=0&c=0&w=1&flr=0)



WITH:

**CAROL HUYNH**

MASTERS IN COUNSELLING PSYCHOLOGY  
OLYMPIC GOLD & BRONZE MEDALIST

**MONIQUE SMITH**

B.A., B.S.W., M.S.W., R.S.W.  
CHILD & TEEN THERAPIST



#CUEwellness