

# A **WELLNESS WEEK**

**Workshop: FIERCE CONFRONTATION**



*Lorin Phillips*

Wellness Week Keynote Speaker

**Do you avoid confronting things that  
need to be said or are weighing on you?  
Does the thought of confrontation  
make you feel overwhelmed?**

**February 29 at 6:00 pm in  
The Warren Ballrooms -  
The ACC**

**Learn about the pitfalls  
surrounding communication  
and get strategies to  
navigate a variety of  
everyday situations. Free  
and open to all!**

**Presented by**

