

# Thriving In Action

Would you like to improve your personal wellness while also learning skills to improve your study habits? Are you interested in meeting students in other programs who also want to learn these skills?

Join the Learning Café for Thriving in Action! This 7-week course will help you build resilience, motivation, optimism, and community connection, while you learn to thrive both academically and personally.

Two different sessions are available:  
**Tuesdays, 2:30 – 4:00 PM September 28– November 9, 2021** or **Wednesdays, 10:00 – 11:30 AM September 29 – November 10.**

Register for either timeslot at  
<https://www.tfaforms.com/4913711>

**\*\*Due to the nature of the course participants are asked to attend all 7 sessions.\*\***

Questions? Contact  
[learningcafe@lethbridgecollege.ca](mailto:learningcafe@lethbridgecollege.ca)

#ThrivingInActionLC  
@LethCollege



Lethbridge College's Thriving in Action program is adapted from Ryerson University's Thriving in Action curriculum, with financial support from Alberta Mental Health Grant Initiatives.



Student  
Affairs