Join us for
Wellness Wednesday at the Ashland Family YMCA!

Presented by

Allan Weisbard
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When Smoke Gets in Your Eyes

Summer in the Rogue Valley now includes fears of smoke and fire danger. Find ways to maintain perspective and enjoy your summer. Combining psychological research with practical strategies, develop resilience to overcome the emotional challenges smoke and wildland fire danger bring to living in the Rogue Valley.

Allan Weisbard brings his "Healthy Optimism" perspective to make class stimulating, inspiring, and fun! We will share strategies for developing your personal model of resilience and coping with fire season.

Day/Time: Wednesday August 7, 2019 @ 12:00 pm noon
Location: Ashland Family YMCA, 540 YMCA Way, Ashland, OR
Cost: FREE for YMCA Members
      $5.00 Community (photo ID Required)

*Pre-registration is required as seating is limited. Please register here or at the front desk.

Presenter Bio: Allan Weisbard, L.C.S.W., has a master’s degree in social work and four decades of counseling experience. He provides counseling to help his patients reduce their stress, anxiety, insomnia, and fears while increasing their resilience and confidence. He loves teaching in our community and seeing how much wisdom students bring to the classroom. His website HealthyOpimism.com has tips, articles, and strategies to increase your optimism and resilience.

For more information about Wellness Wednesdays, contact Jami Hanna, Active Older Adult Coordinator @ 541.482.9622, x312 or jami@ashlandymca.org.