

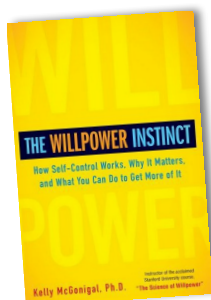
# Kelly McGonigal

## THE UPSIDE OF STRESS: *WHY IT'S GOOD FOR YOU AND HOW TO GET BETTER AT IT: EMBRACING STRESS FOR BETTER SELF-CONTROL, TO BE STRONGER AND SMARTER*



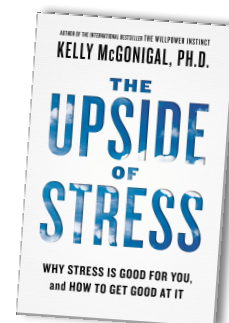
September 15, 2015 / 7 pm / Glenbard West / 670 Crescent Blvd / Glen Ellyn

September 16, 2015 / 12 pm / Marquardt Admin. Center / 1860 Glen Ellyn Rd. / Glendale Heights



McGonigal is a renowned Stanford psychologist and mindfulness expert. She is passionate about translating cutting-edge research from medicine into practical strategies for health and personal success. Her research resonates with people who know they can't eliminate the stress in their lives and want to learn to take advantage of it to be stronger, smarter and happier.

McGonigal is the author of "The Upside of Stress" and "The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It."



In these presentations, attendees will learn:

- How to cultivate a mindset to embrace stress
- How stress can provide focus and energy
  - How stress can help people connect and strengthen close relationships
  - Why your brain is built to learn from stress, and
  - How to increase the ability to learn from challenging experiences

Join us and learn from this leading expert on the mind-body relationship, how to take advantage of stress to be stronger, smarter and happier.

*Students are encouraged to attend this free program which is open to the public.*

*CPDUs are available for education professionals.*



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