



L&S 198

**PERSONAL AND
COMMUNITY
RESILIENCE IN
THE CHANGING
CLIMATE**

**SPRING
2025**

**FRIDAYS 4:00-
6:00 PM,
WHEELER 222**

**2 UNITS,
P/NP**

This course provides instruction and resources for building personal and community resilience through mindfulness and other practices, and is designed to promote awareness, hope, collective empowerment, and a map for individual climate action projects integrated within our communities. This is an opportunity to acquire skills and resources that will support wellness and flourishing in all aspects of one's life.

**PROFESSORS DAVID PRESTI
(NEUROSCIENCE) AND SILVIA
BUNGE (PSYCHOLOGY)**