

SAVE THE DATE

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent toxic stress. Experts now believe that toxic stress is one of the leading causes of everything from heart disease and cancer to substance abuse and depression. These extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. RESILIENCE chronicles this new approach among pediatricians, therapists, educators and communities who are using cutting-edge science to disrupt cycles of violence, addiction and disease.

Presented by  **OPTUM®** In Touch Community Conversation

Caldwell

April 6 @ 6:30 pm MDT
Community Education Event
Vallivue High School
1407 E. Homedale Rd. Caldwell, ID

Twin Falls

May 11 @ 6:30 pm MDT
Community Education Event
Magic Valley Arts Council
195 River Vista Pl. Twin Falls, ID

Boise

May 13 @ 10:00 am MDT
Professional Education Conference
BSU Special Events Center
1700 University Dr. Boise, ID

Boise

May 13 @ 6:30 pm MDT
Community Education Event
BSU Special Events Center
1700 University Dr. Boise, ID

Fort Hall

May 17 @ 6:30 pm MDT
Community Education Event
Shoshone - Bannock Hotel & Event Center
777 Bannock Trail Fort Hall, ID

Lewiston

May 22 @ 6:30 pm PDT
Community Education Event
Lewiston High School
1114 9th Ave. Lewiston, ID

Admission is free. Register at: thespeedyfoundation.org/resilience

Panel discussion to follow the documentary. Film will be shown with subtitles. Refreshments will be served.

Supporting Partners

