



Are you committed to working with others in your family, organization, and community to increase wellbeing, health, and engagement – even in the most challenging of times – and longing for an evidence-based toolbox of small, easy-to-apply practices and strategies?

THEWELLBEINGLAB

Join us for the Certificate in Applied Positive Psychology (CAPP) program in the Antelope Valley!

Join us for the second Antelope Valley cohort of the Certificate of Applied Positive Psychology (CAPP): a 150-hour training program in partnership with the City of Palmdale's Leadership Antelope Valley initiative, a project of Palmdale Cares, beginning April 20 and running through the end of 2023.

- Attend a live class in Palmdale for 1.5 days each month.
- Meet virtually Wednesday evenings for distance learning on Zoom.
- Build a video and podcast training library and wellbeing toolbox that is yours to keep and to help yourself and others to thrive.
- Join other local business, school, faith and community leaders to collaborate on spreading wellbeing science through the Antelope Valley.
- Scholarships available.



The program facilitators are Louis Alloro, M.Ed., MAPP and Talma Shultz, whose expertise is in organizational and community development using evidence-based approaches and a whole lot of heart.

Want to know more?

Visit www.michellemcquaid.com/thewellbeinglab/capp-av

Don't miss out – places and scholarships are limited

For information about the AV cohort, contact Nardy Lopez at 661/267-5177 or nlopez@cityofpalmdale.org