



November 1<sup>ST</sup>, 2025  
6:30 PM- 8:00 PM

Aurora, CO

 **REGISTER NOW**



**Jessica Crow**

Apogy Founder, University of Denver Adjunct  
Professor

Change and uncertainty are a constant part of today's world — and can often leave us feeling stressed, stuck, or disconnected.



This interactive workshop will provide you with practical, science-backed strategies to help you navigate change with greater confidence and clarity.



Through a blend of brief teaching, personal reflection, and engaging activities, you'll leave feeling more connected, grounded, and empowered.