



center for sustainable change

*Unleashing the power of resilience...*



**August Drop-In Class**  
**Thursday, August 5, 6:30pm - 8:00pm**

**"Staying Present at Warp Speed: Can we enjoy life, work, and our families when time seems to be speeding ahead of us?"**  
with Ami Chen Naim, CSC Director

*For further information about this event and to RSVP,  
contact Jayme King at the CSC (650) 424-0705 or  
[jayme@principlespsychology.org](mailto:jayme@principlespsychology.org)*

Sliding scale, suggested donation of \$20 to \$45. Teenagers and young adults, 21 and under, are welcome to all local CSC events at no charge.

Class Location: Center for Sustainable Change  
744 San Antonio Road  
Suite 25, Palo Alto, CA 94303