

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE



“...AN ENGROSSING STUDY OF HOW ADVERSE CHILDHOOD EXPERIENCES (OR ACES) CAN BE LINKED TO DESTRUCTIVE BEHAVIOR AND MEDICAL DISEASES”
—Matt Fagerholm ROGEREBERT.COM

COMMUNITY EDUCATION: Film Screening and Panel Discussion

Tuesday, February 6

3:00 p.m. to 5:00 p.m.

**RWJ Fitness & Wellness Center
3100 Quakerbridge Road
Hamilton, NJ**

FREE TO THE PUBLIC

**RWJBarnabas
HEALTH**

**Robert Wood Johnson
University Hospital
Hamilton**

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CALL THE HEALTH CONNECTION AT
609.584.5900 OR VISIT US ONLINE AT
RWJBH.ORG/HAMILTONPROGRAMS**

Rebuilding Resiliency: Reclaiming Connection Series

How do early childhood experiences affect ones health decades later?

Join us for a free screening and in-depth discussion of the documentary Resilience: The Biology of Stress & the Science of Hope on the Adverse Childhood Experiences (ACEs) Study, whose findings represent a paradigm shift in human understanding of the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems, and early death have their roots in the cumulative neurodevelopmental impacts of ACEs.

This ongoing series acknowledges our shared experiences during the pandemic and begins to rebuild connection with an emphasis on what heals: connection, community and resiliency.

Addressing intergenerational and historical trauma is going to take a lot of creative solutions and approaches – so although a short presentation does not provide all the answers, the key goal of the event is to build a common language and understanding about ACEs and the related research as a starting point.