



# STRENGTHENING YOUR ABILITY TO EMPATHIZE

**WED, OCT 30**

**11:30 AM- 12:30 PM**

**REGISTRATION**

**WELLNESS.AZ.GOV**

**>CLASSES TAB**



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**Earn 25 HIP Points!**

**Understanding other peoples' outlook, being able to recognize their emotions and being sensitive to their situation is vital to communicate more effectively and build better relationships. This course will address ways to improve your capacity to demonstrate empathy.**