



SUNDAY
JUN
16

10:00 AM - 10:45 AM

📍 CENTRAL BAPTIST CHURCH

Conversations that Build Trust: Living Well Class

Join us in the Living Well class as we talk about shifting listening and communication behavior to build mutual trust. Laura Levens will lead as we talk through the neuroscience behind reflective structural dialogue and practice simple, intentional skills to promote mutual understanding and collaboration through conversation. You can join in, even for a week.