



# Personal Resilience in uncertain times

*What do we need for ourselves in a world where the sustainability of the planet is of wide concern?*

*How do we avoid worrying ourselves to death before the disasters that we fear actually occur? And if they do occur how will we cope?*

*Our guest speaker for August is Geoff Greaves, one of the founding members of the Llandrindod Transition group.*



[www.TransitionLlandrindod.org.uk](http://www.TransitionLlandrindod.org.uk)

**7.00pm, Tuesday 22nd August**  
**Herb Garden Community Café**  
**Free entry and refreshments**  
**All welcome**