

Surviving is NOT the Same as Living

presented by

Alexandria Robinson

Ally Robinson is a certified personal trainer and running coach who found solace in running after years of struggling with depression. After surviving a suicide attempt in 2011, she made it her mission to help women and mothers find purpose and passion in life by exploring the goals, challenges, and triumphs that can be experienced when you discover just how far and fast you can go. In 2019, Ally started her business, Something Runderful, to help educate, inspire, and guide runners to crush their goals. For more information about Ally, her coaching, programs, journals, and upcoming races, visit her website at www.somethingrunderful.com, follow her on social media (@something_runderful), or check out her podcast Something Runderful on Spotify and all other major streaming platforms.

9/5/2024 12:00 PM

HYBRID PRESENTATION

IN PERSON: Schwartz Commons, Hartford Room

ZOOM: <https://hartfordhealthcare.zoom.us/j/94004919102>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Identify and implement strategies for creating a self-determined sense of purpose.*
- 2. Cultivate a positive outlook through goal setting, dreaming, and nurturing desires.*
- 3. Integrate goal discussions into daily conversations to promote continuous growth.*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Financial Disclosures:

- Alexandria Robinson, Other: Nothing to disclose - 10/11/2024

