



Practical Optimism: The Art, Science, and Practice of Exceptional Well-Being

Sue Varma, MD

Psychiatrist, cognitive behavioral therapist, and Clinical Assistant Professor of Psychiatry at New York University (NYU) Langone Health.

Tara Lipinski

1998 Olympic gold medalist in figure-skating, actress, sports commentator, documentary film producer, and philanthropist.

Thursday, February 29, 2024, 7:00 PM (on Zoom)

Register: www.bit.ly/VarmaFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Practical Optimism* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Varma and Lipinski. Details on the Zoom registration form.

Presented by **Family Action Network (FAN)**, in partnership with

The Avery Coonley School, Baker Demonstration School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, The Cove School, Evanston Scholars, Evanston Township High School D202, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Winnetka D36, Winnetka-Northfield Public Library District, Wintrust Financial, Woodlands Academy, and Youth & Opportunity United.

This event is #freeandopentothe public and will be recorded. Suitable for youth 12+. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: SUE VARMA, MD – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Thursday, February 29, 2024, 7:00 PM, Practical Optimism: The Art, Science, and Practice of Exceptional Well-Being, a FAN webinar featuring Sue Varma, MD, in conversation with Tara Lipinski.

REGISTER: www.bit.ly/VarmaFANWebinar

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Practical Optimism* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Varma and Lipinski that will start immediately after the webinar. Details on the webinar registration page.

Sue Varma, MD, the first medical director treating first responders and civilians for PTSD, depression, and anxiety at the World Trade Center Mental Health program (WTC MHP), made a fascinating discovery: she realized that fostering an optimistic mindset firmly grounded in reality is crucial for making wise and reasonable decisions. In her debut book, *Practical Optimism: The Art, Science, and Practice of Exceptional Well-Being*, Dr. Varma blends philosophy, personal experiences, and the latest research in psychology, psychiatry, medicine, and neuroscience to guide readers on a path toward resilience and personal growth.

Optimists tend to achieve more success, report higher incomes and job satisfaction, adopt healthier habits, build stronger relationships, and experience greater overall life satisfaction, ultimately leading to increased happiness. Practical optimists are resourceful, realistic, and thoughtful problem solvers who possess something of rare value: the inner resources to cope during a crisis and to use as fuel to flourish. Practical optimism is a transformative approach to experiencing greater meaning, mastery, and acceptance.

Dr. Varma is a distinguished psychiatrist and cognitive behavioral therapist based and holds the position of Clinical Assistant Professor of Psychiatry at New York University Langone Health. Her accomplishments have been recognized by the American Psychiatric Association, where she was named a Distinguished Fellow, the highest honor bestowed upon its members.

Dr. Varma will be in conversation with **Tara Lipinski**, the internationally acclaimed American figure skater. At the 1998 Winter Olympic Games in Nagano, Japan, Lipinski became the youngest female to capture the Olympic gold medal in figure-skating. She now has new roles as a sports commentator, an actress, a documentary film producer, a philanthropist, and more.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

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