

A Lenten Gathering: THE **HOPE** EFFECT

WITH SPECIAL GUEST STEPHEN TRZECIAK

We invite you to join us for an evening of community and reflection during this Lenten season. Guided by Dr. Stephen Trzeciak and other inspiring voices, we will delve into the profound impact of hope and compassion on our lives and the world around us.

The evening will feature Dr. Trzeciak's latest research on the science of hope, along with an intimate conversation with Bruce Main, UrbanPromise's founder and president. From a perspective rooted in faith, Bruce, together with leaders and alumni of the UrbanPromise community, will share insights on fostering hope and compassion, even when confronted with challenges that appear insurmountable.

Dr. Stephen Trzeciak, MD, MPH, Chief of Medicine at Cooper Hospital, brings decades of experience as an intensive care specialist and now focuses on the transformative connection between hope, compassion, and their profound effects on health outcomes. He is the co-author of two groundbreaking books: *Compassionomics: The Revolutionary Scientific Evidence That Caring Makes a Difference* and *Wonder Drug: 7 Scientifically Proven Ways That Serving Others Is the Best Medicine for Yourself*.



Tuesday, March 11th

6:00-8:30PM

UrbanPromise, Main Campus
3700 Rudderow Street
Pennsauken, NJ 08110

Suggested donation per person: \$50

The evening will include a Lenten dinner of soups, salad, and bread.

RSVP to Brent Schroeder,
Director of Individual Giving,
at bschroeder@urbanpromiseusa.org
or (856) 382-1886.

