



Hello friend,

Learning doesn't end when school does — lifelong learning helps us stay adaptable and open-minded.

"Once you stop learning, you start dying." — **Albert Einstein**

Today's Activity

Spend 30 minutes learning about a topic you've always been curious about.

Explore This Resource

Coursera or Khan Academy free online courses

Reflection Question

How does curiosity help you stay resilient?

Local Focus

Explore Forsyth Tech's continuing education opportunities.

Join Us This Week

Join us **IN-PERSON** for United Way of Forsyth County's 21-Day Resilience Challenge culminating panel event—*Resilience in Leadership: Women Who Lead Through the Storm*.

Click here to register for: [Resilience in Leadership: Women Who Lead Through the Storm](#)

Event details:

Friday Feb 27, 2026, 11:30 a.m. to 1:00 p.m.

Forsyth County Annex 1 Auditorium,

725 Highland Avenue, Winston Salem, NC 27105

Your curiosity strengthens your resilience.

Warmly,

United Way of Forsyth County

GIVE