

The Power of Gratitude



Using the power of gratitude is a valuable tool to improving our well-being.

Participants gain a positive, new way to view the areas in their life for which they are thankful. They will learn the benefits of gratitude and how to improve their attitudes on life regardless of the circumstances.

Designed to be an interactive experience, many hands-on activities are included to stimulate the senses and learn in an enjoyable way. The session will conclude with a gentle head, shoulders and hands massage.

Place: _____

Date: _____ Time: _____

Space is limited. For more information please contact:

