

Wellness Sessions

Happiness through Positive Thinking



Learn how to approach life's challenges with a positive outlook. It does not mean avoiding or ignoring the bad things; instead, it involves finding the good in bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light.



This session will provide participants with productive tools to help maintain their sense of wellbeing.



This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ Time: _____



Space is limited. For more information please contact:

