

A Three-Part

Joyful Workshop

Interactive Series

with Educators:

Barb Minogue, M.S. and Karen S. Robert, M.A.

Morro Bay Library

Program Room, 625 Harbor St., Morro Bay

3 Fridays

10:00 a.m. – Noon

September 16, October 7

& October 21, 2016

Are you ready to:

- Experience more joy
- Savor each moment
- Explore new heights of personal happiness
- Open your eyes and heart to the wonders of the world
- Love your life



You can achieve this and more with the transformative power of gratitude.

This **free** three-part Joyful Workshop Interactive Series is bursting with engaging, fun and creative activities such as: visualizations, affirmations, journal writing exercises, conversation and sharing, that will open your heart and shift your perspective to one of abundance, well-being and genuine gratitude. We want to provide you with tools for life that support unleashing the inner YOU!

Bring:

- A journal and writing materials each week
- 3 used/read magazines – 1st Week
- Mason jar – 3rd Week



Must be willing to attend complete series.

No drop-ins. Space is very limited. Pre-registration is essential. Please reserve your place early.

Register: Karen-joy@live-now.org or (805) 772-9268 or at Morro Bay Library Front Desk **by Friday, August 26, 2016.**

SAN LUIS
OBISPO
COUNTY LIBRARY
www.slolibrary.org

LIVE  NOW
Realize your true potential