

POSITIVITY WORKSHOPS

Join us for an exciting new series of workshops based on Positive Psychology.

- ***Positivity and the Path to Personal Satisfaction***
- ***Positivity and the Path to Business Success***
- ***Positivity and the Path to a Healthy Body***

Positivity improves your physical, emotional, psychological and spiritual health leading to greater life satisfaction. The benefits of positivity even include better immunity and living longer! Find out how Fortune 500 companies focus on a positive work environment to bring about innovation and financial success.

If you are searching for more personal happiness, interested in elevating your business to the next level, or simply looking for natural ways to reduce aches and pains, attend these positivity workshops. These sessions are specially designed to enhance your success and satisfaction in all aspects of life.

Dr. Neil Farber – physician, author, and motivational speaker. Dr. Farber has a degree in psychology, is a member of the International Positive Psychology Association, the Positive Health Division and a national Wellness Task Force. He writes for Psychology Today where he is listed as one of their experts.

All Workshops are from 9–10:30 a.m.

RSVP: Call JCC to register for sessions at 414-967-8200

(Refreshments provided: Kosher Dietary Laws observed)

Dates:

Sunday, October 23

Sunday, November 20

Sunday, December 4

Each workshop is \$20. Sign up for all 3 workshops for \$45