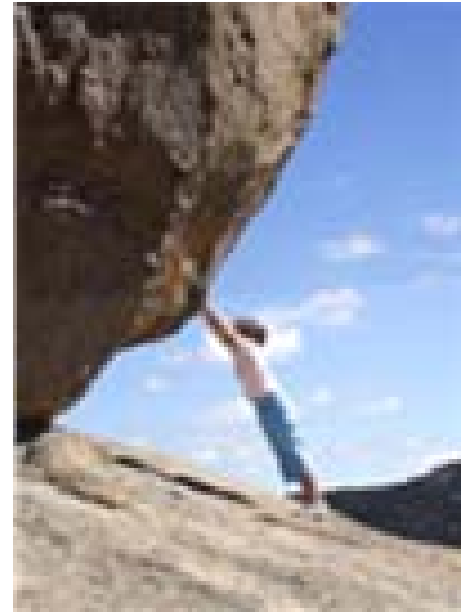


# POSITIVE POWER WORKSHOPS

EXPLORE AND EXPERIENCE  
THE POWER OF POSITIVITY

Sessions will focus on:

- The amazing benefits of Positivity
- Mindfulness
- Negative to positive conversions
- Finding flow
- Goal setting



When: Sunday, Jan 24, 2010  
Sunday, Jan 31, 2010  
Sunday, Mar 7, 2010  
Sunday, Mar 14, 2010

Time: 8:30 — 10 am

Where: Milwaukee Jewish Community Center

Participants: Min 5/Max 25



**Cost: non-member \$25, member \$15,  
patron Free. Drop-ins \$7 per session**

Jewish Community Center  
6255 N. Santa Monica Blvd.  
Whitefish Bay, WI 53217  
414-967-8200

**Presented by  
Dr. Neil Farber**

- Associate Professor of Pediatrics,  
Anesthesiology, Pharmacology
- National Speaker
- Member: International Positive Psychology  
Association, Positive Health Task Force
- Member, National Wellness Task Force, ASA
- Teaches conflict management

