

Looking for a Simple Path to Greater Joy and Resilience?

Imagine what it would be like to...

- Energize yourself each morning with a positive, productive attitude for the day ahead...in less than five minutes
- Transform the negative thoughts and beliefs that keep you stuck and unable to create the life you truly want
- Develop stronger, smoother and more meaningful relationships with your spouse, family, friends and co-workers
- Recognize the potential good in ANY and EVERY situation

Appreciative Living Learning Circles were created to do just that! You will learn an **easy to understand, practical set of exercises** that will change the way you see the world and help you become truly happier. And best of all, it takes **just a few minutes a day**.

Come join us and find your joy!

What: Appreciative Living Learning Circle
Dates: Four 90 Minute Sessions
Facilitator: Cassandra O'Neill
Cost: \$ Sliding Scale

For more information and to register, please contact me at cassandraoneill@me.com or text/call (520) 403-0687.

I can create a custom Appreciative Living Circle for your group or organization.

For more information about me go to www.cassandraoneill.com.

For more information about Learning Circles and Appreciative Living, go to www.appreciativeliving.com



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