



New 4 Week Workshop Changing Negative Thoughts to Positive Ones

In this **NEW 4 WEEK WORKSHOP**, we will look at tips to help develop a positive mindset to help create positive change in your life, help you to stay motivated and reach goals in your life.

Sherry has added new content into this course and has included lots of videos in every session each week as well as lots of class participation and activities to enhance your learning experience.

She will help you to understand that your self-talk can either help you move forward in life to accomplish the things you want to do in life or it can tear you down and prevent you from achieving the things you want. We will learn how to deal with negative thoughts and how to change those negative thoughts to positive ones.

April 8	10:00 am - 12:00 pm
April 15	10:00 am - 12:00 pm
April 22	10:00 am - 12:00 pm
April 29	10:00 am - 12:00 pm



Limit of 6 participants. Online only.

For registration, please contact Fay Swann on 780.426.7861 or email fswann@prosperplace.org