



# LIVINGSTON NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

## Take Control & Choose Happiness:

Exploring Emotional Wellness  
for the Active Senior

THIS SERIES IS SPONSORED BY ARBOR TERRACE, ROSELAND & MORRIS PLAINS



ARBOR TERRACE

### Challenge of Change

As much as we resist change, life is continually changing whether we want it to or not. Learn ways to embrace change in a positive way and move forward to live your best life.

#### The series continues in Spring 2019:

- April 30, 1 pm | Emotional Detox: Dealing with Negative People
- May 14, 1 pm | Letting Go of Anger and Finding Forgiveness
- June 11, 1 pm | Positive Psychology, finding your Happiness

1ST OF A SERIES

### Challenge of Change

Tuesday, March 12, @ 1 pm

Senior/Community Center  
204 Hillside Avenue

Free, pre-registration required

Light refreshments



### Speaker

*Diane Lang, MA -  
Therapist, Educator and  
Life Coach. As a Therapist,  
Educator and Positive  
Living Expert, Diane has*

*dedicated her career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude that can actually turn one into an optimist, literally.*

**Pre-registration required  
in person or online at  
[livingstonnj.org/syls](http://livingstonnj.org/syls)**

**Please call 973-535-7925,  
option 8 or email  
[lbranquinho@livingstonnj.org](mailto:lbranquinho@livingstonnj.org)**