

just
Start.

FREE Virtual Program



How to Avoid Procrastination Especially During a Pandemic

Procrastination can lead to stress. The long term effects of procrastination have been proven to cause negative consequences. Whether it's your job, school or other events in your life, it's hard to maintain a normal balance between work, school, and social life (we especially enjoy that one!) However, it's always smart to keep yourself from procrastination, and to maintain a healthy balance. During this pandemic people are reporting feeling more tendency to procrastinate. In this session Diane Lang will provide tips will help you avoid a sticky situation!

Wednesday

Feb. 10, 2021 at 1 pm

Free, pre-registration required

ZOOM LINK WILL BE EMAILED
AFTER REGISTRATION

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Presented by:

Therapist, Educator and Life Coach Diane Lang 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. A therapist and educator/coach of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

FREE; pre-registration required online at Livingstonnj.org/SYLS

or in person at SYLS Office, 204 Hillside Ave., Monday - Friday, 8:30 am - 4:30 pm.

Please call 973-535-7925, option 8 or email

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