

MIND BODY SOUL

FREE Virtual Program



LIVINGSTON
NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

Sponsored by



ARBOR TERRACE

Mind, Body & Soul: Finding Your Balance

SPONSORED BY ARBOR TERRACE ROSELAND  ARBOR TERRACE

Thursday

October 28, 2021 at 2 pm

FREE, pre-registration required

ZOOM LINK WILL BE EMAILED AFTER REGISTRATION



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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