EVERYDAY WELLNESS PRESENTS:

Gratitude is a therapeutic superpower

The approaching holidays gives us an opportunity to reflect on the good things in our lives. Gratitude is a therapeutic superpower that enables us to savor the awesome and weather the hardships. During this session you’ll learn how to see (become mindful of) the many good things in your life and engage in a regular gratitude practice.

November 14, 2022 | 11:00 A.M.
Classroom 3A (N318, Old Adult Hospital)