

NOVEMBER Lunch & Learn: CULTIVATING GRATITUDE: A PATH TO GREATER WELL-BEING



Thanksgiving serves as a powerful reminder that living a life of gratitude is one of the proven paths for greater contentment, peace and well-being.

Bring your lunch and join us to learn:

- The transforming benefits of gratitude
- 5 strategies for harnessing the power of gratitude to boost happiness, reduce stress and even improve your physical health

presenter: *Dr. Richelle Hoekstra-Anderson, Clinical Psychologist & Certified Dream Builder Life Coach; Crossroads Renewal Coaching & Counseling*

date: Thursday, November 16

time: 12:00-12:45pm

location: Wood County Courthouse, Room 114

RSVP: Appreciated for room set-up: Wendy Young at 715-421-8437 or wyoung@co.woodwius



Presenting Partners:

- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

This event is open to the community!

It is part of the Wood County Employee Wellness Program. Employees can earn 100 wellness points for Quarter 5.