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

**Presenting Partners:**
- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

**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.wood.wi.us

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