

HOBOKEN GREEN TEAM WELLNESS WEDNESDAYS

LIGHT ON HAPPY: THE POWER OF POSITIVITY + GRATITUDE

*Light
on
Happy*

**Kate Lombardo, RYT (Registered
Yoga Teacher), CiPP (Certificate in
Positive Psychology), Reiki Healer,
Wellness Consultant**



Research shows that gratitude is one of the most powerful tools we can use to increase our overall well-being. In this workshop, we'll examine how and why actively practicing gratitude can lead to a happier and more fulfilling life. Plus, you'll learn ways to use researched-based gratitude tools that can be incorporated into your everyday life. Join Positive Psychology practitioner and yoga instructor, Kate Lombardo for tips on making yourself happier each and every day. [For adults ages 18+]

HOW DOES GRATITUDE
IMPROVE WELL-BEING?

HOW CAN YOU LEAD A
HAPPIER AND MORE
FULFILLING LIFE?

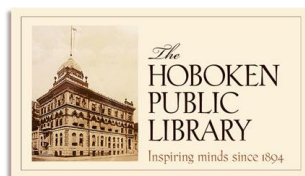
#WELLNESSWEDNESDAYS

**April 25
6:30 PM**

**HOBOKEN
PUBLIC
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500 Park
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FREE!



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