



# LIVINGSTON NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

## Take Control & Choose Happiness:

Exploring Emotional Wellness  
for the Active Senior

THIS SERIES IS SPONSORED BY ARBOR TERRACE, ROSELAND & MORRIS PLAINS



ARBOR TERRACE

### Create Balance & Relieve Anxiety

This workshop is designed to help create a balanced lifestyle by relieving stress and anxiety.

- Learn the signs of "Burnout."
- Learn the impact of stress and anxiety on your body.
- Learn ways to simplify your life.
- Learn realistic, simple techniques/tips that can help you feel less stressed, more balanced and optimistic.
- Learn ways to feel more empowered, motivated and healthier.

This workshop will help educate you on what really makes us happy.

#### The series continues:

- Oct 22, 1 pm | Healthy Relationships with your Adult Kids

1ST OF A SERIES

### Create Balance & Relieve Anxiety

Tuesday, Sept. 17, @ 1 pm

Senior/Community Center  
204 Hillside Avenue

Free, pre-registration required  
Light refreshments



### Speaker

*Diane Lang, MA -  
Therapist, Educator and  
Life Coach. As a Therapist,  
Educator and Positive  
Living Expert, Diane 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.*

**Pre-registration required**

**in person or online at**

**[livingstonnj.org/syls](http://livingstonnj.org/syls)**

**Please call 973-535-7925,**

**option 8 or email**

**[lbranquinho@livingstonnj.org](mailto:lbranquinho@livingstonnj.org)**