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Declutter Your Life & Reduce Stress

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When you de-clutter both material & emotional “stuff” your life becomes more balanced. Your home feels tidier, work/volunteer runs more efficiently, and you gain positive control of your life. In this workshop, we’ll discuss the small, realistic steps you can take today that will help you to live a more positive and resilient lifestyle.

Wednesday

April 28, 2021 at 1 pm

Free, pre-registration required

ZOOM LINK WILL BE EMAILED
AFTER REGISTRATION



Presented by:

Therapist, Educator and Life Coach Diane Lang 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. A therapist and educator/coach of Positive Psychology, she has seen that it can provide a strong foundation for finding great happiness and is gratified that it is becoming a mainstream method of treatment.

FREE; pre-registration required
online at Livingstonnj.org/SYLS
or in person at SYLS Office, 204 Hillside Ave., Monday - Friday,
8:30 am - 4:30 pm.

Please call 973-535-7925, option 8
or email

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