



AN INITIATIVE
TO MAKE
LIVINGSTON
A MORE
AGE-FRIENDLY
COMMUNITY

Fearless & Faithful - How to Make 2023 the Best Year Ever!

**Rescheduled for
Wednesday, Feb 1, 2023, 1:30 pm**

Livingston Senior/Community Center (LSCC),
204 Hillside Ave.

Presented by Diane Lang & Thomas Russo Jr.



Are you ready to start the new year off right? With new energy, enthusiasm and a commitment to excellence? This workshop will help people face their fears, shift their mindset to take forward action and remove negative belief systems to bring about greater clarity and purpose. Learn techniques on how to retrain your brain to lose any fear-based thoughts that have been holding you back and pivot to a greater perspective on life, career, family & more.



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.



Thomas Russo, Jr.

-Author, Professor, Consultant and Coach. He will bring faith and spirituality into the picture and talk about how our belief systems, regardless of religion or

emphasis, can bring about greater clarity of perspective & purpose.

FREE; pre-registration required online at Livingstonnj.org/SYLS

or in person at SYLS Office, 204 Hillside Ave., M - F,
8:30 am - 4:30 pm. Questions: please call 973-535-7925,
option 8 or email syls@livingstonnj.org

