



# 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

### Positive Psychology— Finding Your Happiness

We all want to be happy, but what truthfully makes us happy? Learn new ways of thinking and behaving that will help increase your level of happiness. Make small changes now that will help you live a more positive and resilient lifestyle.

**This concludes our series on exploring Emotional Wellness for the Active Senior.**

4TH IN A SERIES

### Positive Psychology— Finding Your Happiness

Tuesday, June 11, @ 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)**