



**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

### Releasing Anger & Finding Forgiveness

Everyone has experienced hurt in their lives. Sometimes the hurt can linger and cause resentment, bitterness and keep us stuck. Forgiveness is a powerful tool to help us release the anger, hurt pain and fear.

- Learn ways to forgive without feeling like your letting the other person off the hook.
- Learn to define forgiveness for yourself and the importance of forgiveness.
- Learn ways to move past your anger and hurt to heal.

### The series continues in June 2020:

- **Tuesday, June 9, 1:30 pm** | Self Care—Filling Up Your Cup

1ST OF A TWO PROGRAMS

### Releasing Anger & Finding Forgiveness

**Thursday, May 14, @ 1:30 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.*

**Free, pre-registration required**

in person or online at

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

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

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