

wellness

WORKSHOP SERIES

LIVING YOUR BEST LIFE



YOU ARE INVITED

A recipe for a happy life begins with an Optimum Life. Learn about the six dimensions to make that possible:

Emotional, purposeful, social, intellectual, spiritual, and physical.

Grand Prize entries will be awarded for each workshop attended, with a Grand Prize drawing held on Dec 2.

6:00PM - 7:30PM

- Jul 1 "Emotional"
- Aug 5 "Purposeful"
- Sep 9 "Social"
- Oct 7 "Intellectual"
- Nov 4 "Spiritual"
- Dec 2 "Physical"

Anaheim Central Library, 500 West Broadway, Anaheim, CA 92805 | 714-765-1880

Call 714-765-1880 at least 72 hours in advance if special ADA accommodations are needed.