

AFCCA presents:

Danielle Reed

Finding JOY and EASE in Challenging times

Two keys to finding more joy and ease in your life are emotions and gratitude.

You aren't supposed to be HAPPY all the time (especially during a pandemic). That's an unfair expectation to put on yourself. Struggle is part of the human experience. We all have it. But the key is, we have to be willing to talk about it so that we can process it and move through it, AND we have to always remember to stop and look for the twinkle light moments that are happening all around us. In this presentation, Danielle will share stories, she will make you laugh, and you will walk away with tips and tools to manage emotions and to seek more joy in your life.

April 28, 2021 @
9:30 am - 11:00 am

Registration through Eventbrite:

<https://www.eventbrite.com/e/finding-joy-and-ease-in-challenging-times-tickets-148077434593>

There are limited spaces on Zoom so we have created the option to share registration with another attendee at a discounted price.

*Registration will be open until April 27 or until spaces have filled