



Is life giving you lemons?

WHEN FACED WITH ADVERSITY AND CHANGE, WHY DO SOME PEOPLE MAKE LEMONADE AND OTHERS DO NOT?

WHETHER YOU ARE YOUNG, OLD OR IN YOUR PRIME, THIS INTERACTIVE EVENT WILL HELP YOU BECOME MORE FLEXIBLE, RECEPTIVE AND RESILIENT SO YOU CAN COPE WITH WHATEVER LIFE THROWS YOUR WAY. YOU'LL LEAVE ARMED WITH POWERFUL TECHNIQUES THAT MOTIVATE YOU TO MAKE LEMONADE OUT OF YOUR LEMONS IN NO TIME AT ALL.

THIS TALK WILL BE PRESENTED BY NANCY STAMPAHAR, ALSO KNOWN AS "THE LEMONAID LADY." SHE IS A SKILLED KEYNOTE SPEAKER AND WORKSHOP FACILITATOR,



APRIL 17 AT 6:30

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