



THRIVE

verb: to flourish or grow vigorously

WELLNESS WORKSHOP: SATURDAY, SEPTEMBER 30, 2017

9:00 A.M.- 6:00 P.M. (REGISTRATION 8-8:45)

RIVER'S EDGE: A PLACE FOR REFLECTION & ACTION

ROCKPORT ROOM 2ND FLOOR

3430 ROCKY RIVER DRIVE CLEVELAND, OHIO 44111

- Stressed? Struggling mentally, physically, spiritually or emotionally?
- Curious and open to developing practices that facilitate greater health, happiness & success?
- Experience guided visualization, breath work, strategies for managing energy & much more!

\$135 includes lunch and materials

Laura Purnell, Ph.D., ACHT

For more information & to register: lpurnell4870@gmail.com

<http://www.educationalchemist.com/>

Heart-Centered Living & Leading: Raising consciousness in humanity through increased self-awareness