

# 7 Keys to Joyful Living

## Integrative Wellness Strategies for Optimal Well-Being

**If you could choose peace, flow and joy over anger, fear, and upset in every area of your life, which would you choose? Join us for this empowering four-hour workshop, and learn the secrets to a more joyful, integrative life!**

This workshop is based on the best practices of integrative health and wellness which is about understanding the deep connections between all parts of our lives: physical, mental, emotional, spiritual, relational, professional, financial and environmental. It is about consciously addressing and creating a healthy balance in all areas so we can live life joyfully and to the fullest. In this workshop, we will:

- ▶ Assess your current integrative wellness level.
- ▶ Experience practical, easy-to-learn strategies that foster overall well-being.
- ▶ Learn to banish stress and anxiety quickly and easily using simple techniques.
- ▶ Choose your thoughts so they empower rather than limit you.
- ▶ Create instant energy in almost any situation.
- ▶ Use the power of visioning and intention to manifest what you want.
- ▶ Rediscover your playful, powerful self and begin living life joyfully.

This class is fun and experiential. The engaging activities support more effective thoughts and behaviors, inspiring a greater sense of purpose, connectedness and unity. You'll learn transformational and motivational tools you'll use the rest of your life, and you'll leave with an easy-to-use personal plan for designing and living a life you love. Best of all, each of these nurturing strategies can be integrated into your daily routine in less time than it takes to brush your teeth.

Invest in yourself and your well-being—join us for this inspiring, joy-filled and life-enhancing afternoon!

Date & Time  
Place & Cost  
How to register



A licensed professional counselor and Board Certified Health and Wellness Coach, Anna Corbett holds an MS in Counseling from Purdue University. She has studied with nationally-known wellness experts including Deepak Chopra and Andrew Weil. Anna is a senior faculty member of the Glasser Institute and has taught health and wellness at both the community college and university levels. Anna's seasoned life experiences and her delightful sense of humor bring richness, depth, and compassion to her teachings.

**Read more about Anna on her website [www.joyinliving.com](http://www.joyinliving.com)**

“Working with Anna is an amazing experience! Her inspiration, creativity and expertise allowed me to explore my fullest potential in life. She gave me new insights and helped me to change my limiting beliefs. I have made remarkable gains in my professional and personal growth.”

— *Alexandra A.*  
*Software Development Manager, CA*

“Anna has given me the tools to honor my own essence. One cannot be wise without being knowledgeable, decent, strong, and kind. Anna is indeed a wise woman and a master teacher.”

— *Maureen G.*  
*Attorney, AZ*

“Working with Anna has allowed me to see parts of myself I really hadn't experienced before. As a result I am able to embrace and live my own uniqueness using my God-given gifts. Anna offers a supportive relationship providing the direction, tools, and support I need to create the life I want. Her compassion and loving wisdom, her focus and delightful humor, make her a great coach.”

— *Bobby L.*  
*Teacher, FL*

“What a find Anna has been for me! Not only is she my life coach, she is my guide and my mentor. She has helped me in all aspects of my life—spiritually to emotionally, physically and beyond. It is so exciting to set goals and actually meet them! I would recommend Anna to any who want to move forward in their lives.”

— *Kathleen S.*  
*Postpartum Doula, CA*