

THE GRATITUDE WORKSHOP

Did you know that people who live in gratitude live longer? Seven years longer!

ChoiceCenter's new Gratitude Workshop, led by seasoned trainer **Terry Nelson**, is designed to help you explore what might be possible for you living your life daily as a grateful person.

In a joint study from **Harvard** and **Wharton**, research reveals several interesting facts - namely practicing appreciation is estimated to **add 6.9 years to your life**, and receiving a "thank you" from a supervisor **boosts productivity at work by 50%**.

Gratitude is considered "**the queen of all virtues**" because you can't be grateful and negative at the same time. With one of the strongest links to **mental health and satisfaction with life** of any personality trait, learning to live in gratitude daily might be the best investment you make in yourself this year ... of an extra 7 years of life!

This **2-day workshop** runs from **11 a.m. to 7 p.m. daily**. Learn more at www.choicecenter.com

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NEW WORKSHOP LAUNCHES: January 25 & 26 | 11 a.m. to 7 p.m.