

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

Discover the Path to a More Joyful and Authentic Life



Dianne Bischoff James

Many people say their biggest regret is that they didn't take risks or make the changes necessary to find greater joy and fulfillment. Anyone that is currently stuck in second gear owes it to themselves to break free and uncover what life has to offer. Dianne Bischoff James will conduct a Midlife Reboot from 7 to 9 p.m., January 15 and 22, at the Infinity Foundation, to help people discover a path to living a more joyful, authentic life.

Based on the award-winning book, *The Real Brass Ring: Change Your Life Course Now*, James will share 14 Shortcuts for Happy Living and a wealth of information to make life transformation easy. This workshop will demonstrate the most powerful techniques available to rediscover what drives us to feel happy and fulfilled, remove blocks that have kept us stuck and enable us to embrace a new direction.

Cost is \$45/10 days in advance, then \$55. CEUs available.

Location: Infinity Foundation, 1282 Old Skokie Rd., Highland Park.

Register by calling 847-831-8828 or visit InfinityFoundation.org.