YourChoice
MANATEE HEALTH PLAN

CAN GRATITUDE CHANGE YOUR LIFE?

LED BY WELLNESS JOURNEYS

Nov. 17th
11:00am



Yes, and science shows why!
Research reveals that practicing gratitude increases happiness, strengthens the immune system, and improves focus and relationships.
Learn quick, meaningful ways to bring more gratitude into your day and experience its powerful ripple effect on your life.

Learn:
1. What science tells us regarding gratitude and the brain
2. 3 gratitude techniques to put into effective in daily life
3. The simple tool used in a local research study that helped increase life satisfaction.

REGISTER

For BOCC Employees Only: This YourChoice workshop earns points in the **Emotional** wellbeing pillar for Manatee Thrives.