

# CELEBRATE MENTAL HEALTH AWARENESS MONTH YOUR JOURNEY TO SELF-LOVE AND GRATITUDE STARTS HERE



## THE NEW SCIENCE OF GRATITUDE

**WHEN: MAY 27TH**

**TIME: 11AM-12PM**

DISCOVER THE SCIENCE BEHIND THE BENEFITS OF GRATITUDE WITH DR. DARCY LORD, AS SHE SHARES TECHNIQUES TO IMPROVE YOUR OVERALL HAPPINESS AND WELL-BEING.

### PEOPLE WHO REGULARLY PRACTICE GRATITUDE:

- EXPERIENCE MORE POSITIVE EMOTIONS
- FEEL MORE ALIVE
- SLEEP BETTER
- EXPRESS MORE COMPASSION
- HAVE STRONGER IMMUNE SYSTEMS

**REGISTER NOW**

