



WAINWRIGHT HOUSE  
260 Stuyvesant Avenue, Rye, NY

# Living Your True Purpose Workshop

Wednesday, August 14, 2019, 6:00 - 9:00 pm



## What You Will Learn

- Living a life of purpose increases one's well-being
- Ability plus effort leads to accomplishment
- How to connect to one's authentic self through meditation, art, journaling and movement
- The benefits of goal setting

## Workshop Details

- Three-hour workshop
- Designed for college students
- Registration Fee: \$75

*"This class made me feel better than I thought. I learned more about myself and what I wanted."*

Flourishing Culture Consultants, LLC®  
Creating cultures where people count



For more information and to register, contact  
[joyceschroeder@flourishingcultures.com](mailto:joyceschroeder@flourishingcultures.com) or call 914-314-8050