

Dynamic Balance Consulting, LLC presents...

# THRIVE

*A life balance workshop for women*

You're working hard to create a successful life. But are you feeling too busy, over connected and overwhelmed? Surviving, but not thriving. Using information from the book, *THRIVE*, by Arianna Huffington, this workshop will focus on ways to re-define success that include key elements which contribute to our sense of wholeness.

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## **You will learn ways to:**

- Enhance your well-being
- Tap into your inner wisdom
- Re-connect to the wonder in life
- Re-discover the joy of giving

**When:** Saturday, November 1, 2014 or Saturday, November 8, 2014 10:00 am – 12:30 pm

**Where:** The Gathering Place-841 Mt. Clinton Pike, Harrisonburg, VA 22802

**Cost:** \$79 (A copy of the book *THRIVE* is included in your registration fee)

- To register, complete the back of this flyer or

Contact Marsha Mays-Bernard at **540-290-2515**  
or **[mars630@ntelos.net](mailto:mars630@ntelos.net)**

