

Lancaster Public Library
5466 Broadway, Lancaster, NY 14086
716-683-1120

Spring Ahead to Joy

Bliss out with this 3-week series!

Presented by Nancy J. Eckerson, Certified Infinite Possibilities Coach.

Wednesday, May 8, 6:00 - 7:30 PM

Infinite Possibilities: Learn how to design your own positive affirmations & watch your life lighten up.

Wednesday, May 15, 6:00 - 7:30 PM

Neurographica: Boost your joy using free-form art to capture & transform negative thoughts.

Wednesday, May 22, 6:00 - 7:30 PM

Emotional Freedom Technique (EFT): Feeling angry, sad or frustrated? Tap your way back to peace of mind & experience joy with this ancient tool.

Register: bit.ly/lancasterlibrary or call 716-683-1120.

Registration begins Friday, April 12.

Registering for all 3 sessions is recommended but not required.



Buffalo & Erie County Public
LIBRARY

www.BuffaloLib.org