



## GRATITUDE

Tis the season of Thanksgiving- Join us to learn why gratitude matters and how Gratitude will improve your life, mentally, physically, emotionally, spiritually and socially. In this workshop we will explore benefits of gratitude and how our world will improve when principles of gratitude is practiced daily. Participants will receive a formula to change Neuro pathways and create a better life.

This workshop is available at **no cost**.

To register, click [HERE](#).



### Darren Johansen, CMHC

Darren has been married 29 years, been parenting for 26 years, and has a Master's degree in Clinical Mental Health Counseling. He is also a leading member of the National Speakers Association, and his passion is assisting others. His expertise includes finance, relationships, and supporting working professionals with any life challenge.

**November 8th**

**12:00 p.m. - 1:00 p.m. MT**

Event Location:  
Online!