

POSITIVE THINKING POWER HOUR

Turn that frown upside down! Learn how the simple act of taking a deep breath and smiling can help you feel good, relieve stress, and make you feel like a million bucks. Sometimes, we get so ingrained in a routine it's like we're operating on autopilot!!

Take a step back and examine the thoughts running through your mind and how they get there. Then, change the way you're thinking to be positive and excel.

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Dial In:

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