

WHEN LIFE NEEDS A STICKY NOTE...

Isn't it satisfying to cross an item off a to-do list?

It's even more fun to complete a task written on a sticky note and toss it when you're done.

But some sticky notes are worth keeping, especially those with messages that remind us of what is truly important in our lives.



It's easy to allow life's distractions to take some of the joy out of our lives, but it's more important than ever to remain positive and live a life of abundance. Why not write uplifting thoughts on sticky notes and post them throughout your home or office to remind yourself of what's most important to you?

Join Wayne as he shares personal stories and experiences designed to educate, entertain, and inspire you during challenging times. Oh, and bring a few sticky notes with you... you might just want to jot something down.

COURSE OBJECTIVES:

- Understand the importance of living within your means.
- Recognize how sharing a smile can lift your spirits and those of others.
- Discover the power of living life enthusiastically.
- Evaluate coping strategies and the importance of forgiveness.
- Cherish family and time with loved ones.
- Learn to be kind to yourself and to those around you.
- Explore the beauty that surrounds us and Celebrate each day.



WAYNE KERR, DDS
SPEAKER | AUTHOR | CLINICIAN

KerrSpeak

RECOMMENDED AUDIENCE:
RECOMMENDED FORMAT:

All Attendees
One Hour