

# Landon Center on Aging

## Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging

## *Finding the Joy in Daily Living*

**July 28, 2004**

Carol McAdoo is a nationally known motivational speaker and facilitator. Her experiences in health care have been from the bedside to the boardroom. The message she brings to audience wraps real world pragmatism with the sheer joy of living. She is a skilled "storyteller" whose message focuses on the extraordinary capabilities of ordinary people.



This workshop is an exploration of the Joys of Daily Living. In a world filled with worries large and small there is a need to focus on the elements of life change, to decide what is worth your worry, to know how to reduce stress and have fun. The workshop will explore the "Big Five" steps to restoration and renewal.

***Bring a lunch and enjoy the presentations. Refreshments and dessert provided.***

***Call Matt Chandler at 913-588-3094 to RSVP***

***Space Is Limited***