

Mind Over Mood

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

April 11, 2007

Presenter: Myra Hyatt, LCSW

Who makes you sad, glad, mad etc? Your husband, your mom, your kids... right? Wrong, you do! What you think affects how you feel, which affects what you do, your thoughts have great power. Norman Vincent Peale said "change your thoughts and you change your world." Come learn how to challenge and change your illogical or distorted thinking, you have the power, use it!



<http://www2.kumc.edu/coa>



THEO AND ALFRED M. LANDON
CENTER ON AGING

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Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.