@AnokaRamseyCC

# TAKE 5

## DEVELOP SKILLS FOR POSITIVE LIVING



Allina Health

Anoka-Ramsey Community College

## Gratitude Workshop

Students, Faculty and Staff
are all invited
to this zoom workshop
presented by Allina Health Change
to Chill program:

Learn how to re-frame your mind to focus on the positive and develop an attitude of gratitude.

Nov. 17, 2021
Time: 1:00 PM
Register for the zoom session HERE.

Brought to you by the ARCC Counseling Department

For general questions email counseling@anokaramsey.edu