



# Positive Thinking: When Life Gives You Lemons... *with Courtney Stowe*

Positive thinking is powerful! It can help turn a difficult situation into one that's manageable - and sometimes even enjoyable. In this workshop, strategies for reframing situations will be addressed. Instead of jumping to any type of conclusion, good or bad, reframing allows us to look at the situation just as it is and think of possible consequences/solutions by following three steps:

- Acknowledging potential outcomes
- Coming up with a positive and productive solution
- Shifting your thoughts from negative to positive



Presenter Courtney Stowe, Humana MarketPoint, will teach how to look on the bright side and bring more happiness, connection, and gratitude to your life.

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*Thursday, August 31, 2017, 6:00 PM – 7:30 PM  
Gilda's Club Quad Cities  
1234 East River Drive, Davenport, IA  
Registration is required.*



For more details and to register, please call Gilda's Club at 563-326-7504 or email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org).