

Chaos To BOSS

## Joy - Harmony - Growth

### HOW TO FIND CALM IN THE CHAOS -5 WAYS TO FIND MORE JOY IN YOUR LIFE

Join us for a Lunch & Learn to hear from motivational speaker Lynette Sorrentino on how to reduce stress, release guilt and pursue joy.

# TUESDAY, OCTOBER 26 11:30 AM - 1:00 PM 5030 N. 72ND STREET OMAHA, NE 68134

## This event is **FREE** to attend with lunch provided.

Attendees are encouraged to bring hygiene products for students in Cross Training Center's program.

Most needed items are deodorant, body wash, and feminine products. Visit www.crosstc.com/volunteer for a full list.

Cross Training Center is an Omaha-based nonprofit that equips unemployed and undereducated adults through vocational training and work experience.

#### **REGISTER AT: CHAOSTOBOSS.EVENTBRITE.COM**

Scan to register!

