

The Center for Prevention & Counseling
Spring Wellness Day 2010

Emotional Resilience



Life happens to everyone, each and every day. Emotional Resilience is the benchmark of good mental health and solid, long-term recovery. This interactive training is designed to help participants understand the awareness and skills that help build an emotionally resilient spirit.

Give yourself the gift of an inspiring, fun-filled day with
Anne Elizabeth Quinn, MS, CASAC



Anne Quinn is a popular and dynamic workshop leader, best known for her work in the area of holistic health, burnout prevention and care for the caregiver. She has worked in the healthcare field for the last 25 years, where her focus has been on the relationship between stress and illness. Anne is a student of alternative methods of healing and brings some ancient healing modalities to our modern day lifestyle. To learn more about Anne, visit www.anneliz.com.

May 19, 2010
Lake Mohawk Country Club, Sparta
9:00AM~1:00PM

Registration at 8:30AM

\$40 per person

Light brunch will be served during the morning.
Local businesses will have unique items for sale, so come prepared!



Attendees will receive a certificate for 4 professional development hours.

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Registration Form

Name: _____

Agency/Company/School: _____

Address/Town/Zip: _____

Home Phone: _____ Business Phone: _____

Email: _____

Conference Registration: \$40.00

Registration Due by May 12, 2010

Register by Mail:

Please make check payable to CFPC
Mail: Attn: Laura Breiten
CFPC, 61 Spring Street, 3rd Floor
Newton, NJ 07860
Phone: 973-383-4787

Register Online:

Utilize PayPal for payment
www.centerforprevention.org