



Tuesday, October 6th, 2015
9:15 a.m. – 11:15 a.m.

Happiness and Stress: Change Your Mindset

Come hear Marianne Neifert, MD, MTS (a.k.a., “Dr. Mom”) speak about how families can reduce stress and enhance their sense of well-being—even in tough times. Dr. Mom will talk about life-changing principles that promote positive emotions, optimism and life-balance. You’ll learn how to experience authentic happiness by using your signature strengths and core virtues in as many life areas as possible, and in service to a noble purpose larger than yourself.

- **Discover why cultivating an “attitude of gratitude” is linked to greater happiness and fulfillment**
- **Incorporate happiness-boosting insights, attitudes, and practices into your daily routine to reduce stress, generate positive energy, and stay engaged with life**
- **See how your personal example of optimism and satisfaction can serve as a healthy model for your children and others**



Dr. Neifert is a mother of five adult children and grandmother of seven. She is a clinical professor of pediatrics at University of Colorado Denver School of Medicine, and has authored five child-rearing books and hundreds of magazine articles on children’s health and behavior. Her empowering message is guaranteed to inform, inspire, entertain, and motivate.

Parents, school administrators and community members are welcome and encouraged to attend PIN’s presentations. No need to RSVP—just come! Presentations are **FREE** and are held the first Tuesday of each month at:

Student Achievement Resource Center (SARC)

14188 E. Briarwood Avenue, Centennial

(South of Arapahoe Rd., between Potomac and Jordan Roads)

Visit www.PINccsd.org for Podcasts and Meeting Highlights

MARK YOUR CALENDARS

Nov 3rd

Empowering Girls to Create Change in Their World

Nov 11th, **7:00 p.m.**

Raising Resilient Girls: Feelings, Failures & Friends