

Invitation to the Annual Meeting and Dinner:

“Being Happy While Living a Stressful Life”

Presenter: **MaryAnn Brittingham**, M.S. Family and Child Counseling, B.S. in Elementary Education B.S. in Special Education, Teacher Emotionally Handicapped Children (Grades K-12), Adjunct Instructor at SUNY at New Paltz, Marist College in Hyde Park and SNHU in Vermont, Supervisor of student teachers, Senior trainer for Life Space Crisis Intervention, Consultant in residential and public city schools, Highest Achievement Award from the Dale Carnegie Institute for Public Speaking, Dual County Coordinator for Special Olympics Member, Council for Exceptional Children Member, National Speakers Association Member, National Council for Self-Esteem

Everyone faces stress. It is a fact of life! What you do with it makes the difference between enjoying your life and resenting it; between being challenged and being overwhelmed.

Seventy five percent of daily conversation is negative. People complain about everything from their weight to the weather. What you think and say – even your facial expressions – affects how you feel. It is time to take charge! Learn how to feel better about yourself and become less vulnerable to stressful situations.

- Discover the importance of balance in your life.
- Learn to balance your goals for work, home and health.
- Discover how self esteem affects your stress level.
- Understand the “Magnet Theory.”
- Increase your energy and decrease your stress.
- Work as a team for support and humor to help break the negative patterns.
- Change your thinking to change your outcomes!

Date: **Monday, May 10, 2010**
Place: **Memorial United Methodist Church**
250 Bryant Avenue
White Plains, NY 10605
Time: **6:00 pm**
Cost: **\$20.00**
RSVP by May 1, 2010

Name: _____
Street: _____
Town / State / Zip: _____
Email: _____
Phone: _____

Mail reservation to: Barbara Paci
Purchase Children's Center, 3095 Purchase St., Purchase, NY 10577

Make checks payable to **WAEYC**.