



## **HOW TO DO EVERYTHING BETTER WORKSHOPS Spring 2012**

**2-9- DR. OZ'S 28 DAY PLAN TO RENEW YOUR MIND, BODY AND SPIRIT**

**2-16- REAL LOVE- BUSTING THE LOVE MYTHS**

**2-23- WHAT'S YOUR EQ? WHY EMOTIONAL INTELLIGENCE IS MORE IMPORTANT THAN EVER**

**3-1- HOW TO FORGIVE ANYONE AND WHY YOUR HEALTH DEPENDS ON IT**

**3-8- WHEN TO LISTEN TO YOUR GUT- THE SCIENCE OF INTUITION**

**3-22- DON'T BE A MARTYR- 10 STEPS TO LETTING GO**

**3-29- 10 EASY THINGS YOU CAN DO TO IMPROVE YOU LIFE BY NEXT WEEK**

**4-6- HOW TO FIND THE KIND OF JOY THAT LASTS**

**Workshops meet Thursdays in MC137 from 12:00-1:00 and are facilitated by Dr. Paula English. Workshops are co-sponsored by the Counseling Center and Black Studies.  
For info call: 216-687-2277**