



# JOIN US FOR FLOURISHING SKILLS GROUP®

## TOGETHER WE THRIVE

- Connect with Like-minded People
- Learn to Manage Stress
- Boost Your Happiness
- Boost Your Wellbeing
- Create Optimum Health
- Prevent Health Problems
- Increase Self-Awareness
- Build Personal Mastery

### About Flourishing Skills Groups®

Why do some people languish while other people flourish? Because tools and skills for masterful living are not taught in schools and are rarely modeled for us growing up. In order to thrive, people need to learn how to build their reservoir of positive emotions, work with negative emotions, effectively build their will-power, set and meet goals, and create authentic and nurturing relationships for themselves.

Experience this powerful combination of learning research based tools for enhancing well-being in an intimate and supportive group setting. Created by The Flourishing Center, the group meets weekly for 10 consecutive weeks. Each week building and deepening your happiness skillset leaving you nourished and empowered.

**LENGTH:** 10 Week Program  
**MEETS:** Mondays  
**TIME:** 7:00 – 9:00 p.m.  
**STARTS:** September 30, 2019

No Cost for VFW & Auxiliary Members

Limited to 10 people.  
Pre-registration & interview required.

**LOCATION:**  
VFW Post 7383 – Cottage  
522 Reedy Creek Road  
Cary, NC 27513

**CONTACT MARC FOR DETAILS**  
Phone: 814.883.7175  
Email: marc.mcmullin@gmail.com

### Marc E. McMullin, CAPP, FSG, US Marine Veteran

Marc is driven to create environments of positivity so that he and those around him can grow, flourish and succeed together. He holds a certificate in Positive Psychology from The Flourishing Center. He loves offering FSGs because it is an incredible opportunity to bring people together and get to put this powerful research into practice.

