

A portrait of Jill Farren, a woman with blonde hair, smiling. The image is partially obscured by a dark blue banner at the bottom.

Senior Speaker Series

Jill Farren: Motivational Speaker



Thursday, November 7, 2024

9:30am to 12:00pm

Township of Tiny Council Chambers (130 Balm Beach Road West, Tiny)

Join us for a two-part workshop featuring Jill Farren, a Master Empowerment and Life Coach which will include a Mindset-Meditation-Medical Journaling Workshop and an Empowerment Session. This mind-blowing session gives you total control over how you do want to feel.

Most of her clients have said "I just want to feel better", for many reasons including physically, emotionally, and energetically. This workshop takes you through the Mindset pathway model and how to use it. This practice gives you complete control of your thoughts that lead directly to your results and that changes how you feel. Jill will directly walk you through a 5-minute meditation and show you how to start with 1-minute and progress. This will bring calm, peace, energy, creativity, and focus to your day immediately. The last piece of mind, body and soul is medical journaling which the group will complete a full day together to understand the value of your physical and emotional well-being by completing this simple journal every morning.

For more information and to register:

www.tiny.ca/seniors/workshops

seniors@tiny.ca • (705) 526-4204

Tiny's Senior Advisory Committee, in partnership with local clubs and service providers, is excited to host various workshops addressing topics and issues related to seniors, older adults, and their caregivers. Each event is free of charge; however participants are required to reserve a ticket in advance.