

3D COMMUNITY **HEALTH** SERIES

# Retune, Recalibrate & Optimize **Your Optimism**

**WITH JANA STANFIELD**

*Award winning songwriter and international humorist*



**Wednesday, Oct. 2**

**Pablo Center at the Confluence, Eau Claire**

**5:30 p.m. Happiness Hour: resource booths, light hors d'oeuvres**

**6:30 p.m. Jana Stanfield**

It's time to get away from your busy life to refresh your perspective. Join us for an uplifting gathering that will help reveal the power of positivity in your life. Stanfield's compositions have been featured on television and radio programs around the world. Her performances are described as "psychotherapy you can dance to." Stanfield's goal is to help restore our collective courage.

Cost: \$10 per person

Tickets: [pablocenter.org/all-events](http://pablocenter.org/all-events)



**Sacred Heart  
St. Joseph's**  
3D Community Health  
Body. Mind. Spirit.