



# Education | Workshops

# Cultivating Gratitude

## DATE:

Tuesday, February 14

## TIME:

5:00-6:00pm

## WITH:

Patty Hlava, PhD, LMFT,  
AWC,C.MI,RYT

## COST: FREE!

## RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

## LOCATION:

GCTC Clubhouse

10560 Wayzata Boulevard

Minnetonka, MN 55305

*(From 394 go North on Hopkins  
Crossroads; then right on North  
Frontage road—Wayzata Blvd)*

*A place where no one faces cancer alone.*

*All programs and services are  
offered at no cost.*



**W**hen you learn how to make gratitude an intentional part of your daily life, it becomes a protection that helps weather all storms. Cultivating gratitude is a healing practice. Join us for this educational workshop to learn how to cultivate gratitude in your daily life and increase gratitude personally, interpersonally and spiritually. Develop your habits of gratitude to increase joy, hope and love in your day-to-day life.



*Dr. Patty Hlava, PhD, LMFT, AWC,C.MI,RYT practices psychotherapy at Healthwise Behavioral Health & Wellness. She has been researching gratitude for 11 years and is an author of four books.*

Gilda's Club Twin Cities

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