The beginning of the year is a great time to reflect and prepare for the next new chapter in your life. Topics in this session include: resolutions and goal setting, gratitude journals, affirmations, and more.

Worksheets are included in the program folder and they are available on the library's website.

There are traditions and practices all over the world that focus on creating comfort. Topics in this session include: Hygge, Feng Shui, Swedish Death Cleaning, and more.

If you would like to learn more about the topics that are shared, we have included a recommended reading list in the program folder and on the library's website.

Extra copies of schedules, bingo sheets, take-&-make supplies, and recommended materials lists are available at the Caseyville Library and online at: www.caseyvillelibrary.org/virtualevents