

# THE LIFE CHANGE STUDIO™

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✓  
*Discovering  
What's Next*



FRED MANDELL is a former business executive and now a widely collected painter and sculptor and a nationally recognized thought leader in the emerging field of mid life transitions. His life and work has been featured in the Public Television Series "Boomers; Redefining Life After 50." He has been quoted widely in the media including the Wall Street Journal, The Boston Globe and Money Magazine. His groundbreaking book, co-authored with Kathleen Jordan, *Becoming a Life Change Artist; 7 Creative Skills to Reinvent Yourself at Any Stage of Life* was published by Penguin Avery in August. Fred has a PhD in history and Ed.M. in psychology.

[www.fredmandell.com](http://www.fredmandell.com)



NANCY FERNANDEZ MILLS is a Certified Health Counselor, Kripalu Yoga Teacher, writer and Emmy award winning broadcast journalist and speaker focused on health and vitality at midlife and beyond. Nancy served as Executive Producer and co-host of "Boomers; Redefining Life After 50," a groundbreaking public television series. She is also, along with her husband Mark Mills, co-author of *Boomers! Funding Your Future in an Age of Uncertainty*.

[www.eatbreathethrive.com](http://www.eatbreathethrive.com)

## A Transformational Day with Fred Mandell & Nancy Mills

**You can become a Life Change Artist!** Life is a process, unfolding in often unexpected and challenging ways. But challenges can become creative opportunities. **The Life Change Studio™** is based on both the art and science of personal change. You'll learn how to apply the skills of the master artists to your life change journey and how to draw on powerful mind/body traditions to make meaningful change. This foundational workshop introduces you to our unique **Four Dimensions of Personal Change™** and the **Seven Creative Skills™**.

In the workshop you'll experience creative activities, including collage and drawing as well as mind/body practices such as yoga, breath work, and visualization. You will learn new concepts through short, informative lecturettes and you will have an opportunity to integrate what you are learning through group conversation and individual journaling.

**Saturday, November 20, 2010**

**8:30 A.M. to 4 P.M.**

**\$195** (includes lunch and snacks)

**Newton Cultural Center**  
225 Nevada Street, Newton

**Register** on-line at [www.discoveringwhatsnext.com](http://www.discoveringwhatsnext.com)

**Information:**

email [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com)  
or telephone **617.467.5438**

**Discovering What's Next® (DWN) is a not-for-profit organization engaging mid-life and older adults in creative exploration of their next life stage.**

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