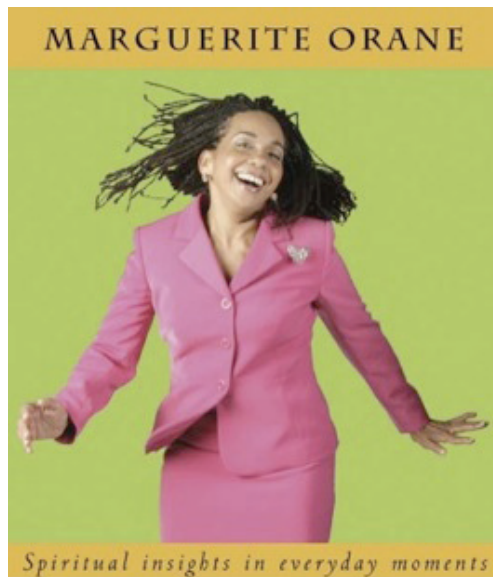


Programs for 50+ at The G. Raymond Chang School  
of Continuing Education presents

## FREE AND LAUGHING

Are you feeling limited? Has aging got you worried? Is fun missing from your life?

Come and explore how joyous and joyful life can be when you are free and laughing. Join Marguerite Orane, author of *Free and Laughing: Spiritual Insights in Everyday Moments* for an exciting and dynamic workshop that has impacted the lives of many. In this workshop you will learn how to release attachment to whatever you are holding on to – stuff! – and how to be present and observe the joy of every moment.



## Free and Laughing

*I consider Marguerite's Workshop to be a huge milestone in my life. Her genuine care for all participants and amazing skills as a facilitator brought so many important "aha" moments, not just to me but also the people sitting around me. I left feeling changed.*  
- Denise, Florida

*If you could spend time with Marguerite, you'd feel her wonderful energy - you feel celebrated and grateful.*  
- Julie, Colorado

### For More Information

Visit the Programs for 50+ website:  
[www.ryerson.ca/ce/programs50plus](http://www.ryerson.ca/ce/programs50plus)

### About the Facilitator:

Marguerite Orane is a lecturer at Ryerson University in the Ted Rogers School of Management and has an MBA from Harvard. She is a life coach, consultant, motivator, public speaker, and marathon runner.

To learn more about this workshop, join us for a FREE introductory session on Thursday, February 25, 2010, 5:30 p.m.-7:30 p.m. RSVP required.

### Workshop - \$135 +GST

**When:** Saturday, March 20, 2010  
9:00 a.m.-3:30 p.m.

**Where:** Peter Bronfman Learning Centre  
7th floor, Heaslip House  
Ryerson University  
297 Victoria Street, Toronto

To register for the workshop or RSVP for the introductory sessions, please contact Mena Carravetta by email or phone: [mena.carravetta@ryerson.ca](mailto:mena.carravetta@ryerson.ca) or 416.979.5103.

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