

Tabor Retreat Center

Oceanside, NY

Saturday, March 16, 2019

9:30 AM ~ 4:00 PM

A special retreat designed by Dr. Duffy ...*exclusively* for the Tabor Retreat Center.



How to Be Happy in a *White Water World*

Despite how crazy our world is, we can still be happy. In fact our happiness is up to us, no matter what the external circumstances. Even if life feels like permanent *white water*, we can still navigate rocky seas. We just need to *see* our obstacles, use our strengths, and choose our sea-mates. The good news is that it's very doable.

Come and learn how!

Tabor Retreat Center

60 Anchor Avenue, Oceanside, NY

Donation: \$79

[Lunch is included]

For any specifics, please call Tabor Retreat directly at 516-536-3004.

For questions about the retreat itself, call Dr. Duffy, 516-334-8985



Dr. Duffy Spencer is a social psychologist, psychotherapist, author and keynote speaker. "Dr. Duffy" offers a unique perspective on how to achieve higher energy and reclaim your true self. Author of *SPICE: The Essential Ingredients for Effective Living*, co-author of *Leadership Strategists & Dealing with Difficult People*, Dr. Duffy is a certified Imago Relationship Therapist. Host of WHPC's 90.3 FM radio show, *Just Relationships**, Dr. Duffy has a private therapy practice for individuals and couples in Westbury, NY and runs regular woman's groups and retreats.

*WHPC 98.3 FM: Airs Wednesdays at 3:30 PM and Mondays at 12:00 AM.

Tabor Retreat Center, 60 Anchor Avenue, Oceanside NY 11572 (516) 536-3004

Directions: Meadowbrook Parkway to Exit 27 West (Sunrise Highway). Pass through Freeport and Baldwin to Long Beach Road. Turn left on Long Beach Road and continue to Anchor Avenue. (There is a fork shortly before Anchor. Stay to the left.) Turn right on Anchor. Tabor Retreat Center is after the small white church on the right. Please park in the lot to the left of the building. Come through the doors to the right of the parking lot.

To register, detach bottom below and return to:

Yes! Please register me for this **SPRING 2019** retreat. Checks are made payable to Tabor Retreat Center.
Mail to: Tabor Retreat Center, 60 Anchor Avenue, Oceanside, NY 11572.

Name _____

Address _____

Email _____ Phone (____) _____