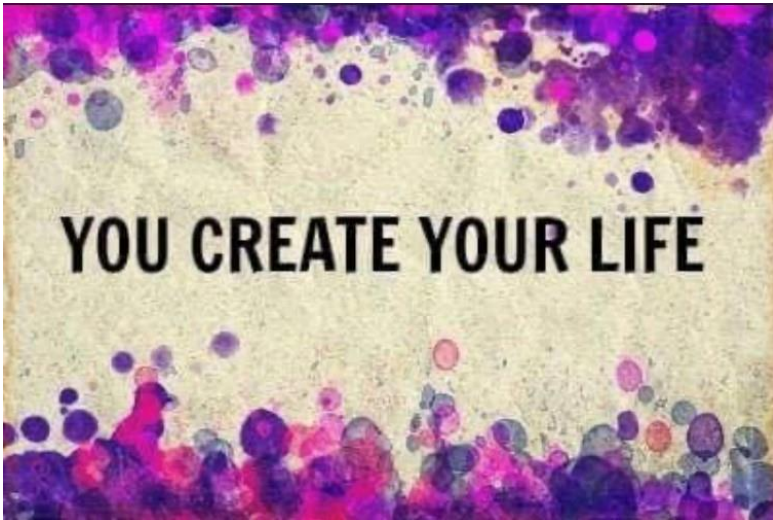


# CREATE YOUR LIFE

PRESENTED BY DONNA Y. FERRIS, YOGI AND TRANSFORMATION COACH



Ready to take your life to the next level? This workshop is designed to help you manifest your 2023 intentions by reflecting on your past successes, breaking down larger goals into smaller steps, engaging in creative activities that bring you joy, and connecting with a community of experts and partners. With this workshop, you will have the tools and support to create your best life.

**Friday, January 27, 12 pm. to 1 p.m.**

In-Person at the Kill Devil Hills Library or Virtually via Zoom

Donna Y. Ferris is the author of *We've Got to Stop Meeting Like This-A Memoir of Missed Connections*. She lives in West Chester, Pennsylvania and Duck, North Carolina with her husband and rescue dogs. In addition to her day job in corporate America, Donna teaches yoga, meditation, and writing on the side. She also serves as a transformation coach. To contact Donna or sign up for her monthly inspirational newsletter email her at [donnayferris@minichangeyoga.com](mailto:donnayferris@minichangeyoga.com) or follow her on Facebook and Instagram (@downdogdiva and @donnayatesferris) or on Twitter (@minidva).

**A Dare County Library Free Adult Program**

**Registration is required to attend this event**

**Space is limited**

**Register at [www.DareNC.gov/enrichment](http://www.DareNC.gov/enrichment) or call 252-441-4331**



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*Expanding Minds, Enriching Lives*