



ANTELOPE VALLEY COLLEGE

Community Services

3041 West Avenue K, SSV 126, Lancaster, CA 93536  
Phone: (661) 722-6300, Ext. 6584 Fax: (661) 722-6583

# Mind Management Strategies



*Have the Life Experiences You Desire*

- ❖ John Adams will help you understand that each moment is a new beginning where you may control your thoughts in a new way that leads to what you want.
- ❖ Through an interactive session and writing exercises you'll learn why and how you are not attracting what you desire.
- ❖ You will learn practical methods to control and change your thoughts and words in a manner that increases the probability of attracting what you want and stop attracting what you don't want.

Register with Corporate & Community Services for this course

**\*\*Please select one of the following days\*\***

*Classes are offered at our Palmdale & Lancaster campuses*

<b>Palmdale</b> Wednesday 1/13/10 1:00 –3:30pm Room TBD	<b>Lancaster</b> Friday 1/22/10 1:00 –3:30pm Room TBD	<b>Lancaster</b> Friday 4/16/10 1:00 –3:30pm Room TBD	<b>Palmdale</b> Saturday 4/17/10 10am-12:30pm Room TBD	<b>Palmdale</b> Wednesday 6/16/10 1:00 –3:30pm Room TBD	<b>Lancaster</b> Friday 6/11/10 1:00 –3:30pm Room TBD
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**Fee \$35 (Material Fee: \$10 due at class)**

Upon request three days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice) or (661) 722-6362 (TDD).