Win a free copy of Jennifer's book!



scan to register

# CLAIM YOUR SWAGGER

**Move from surviving in your life to *thriving* in it!**

Waveny Wellness Series welcomes

## Jennifer Mrozek Sukalo

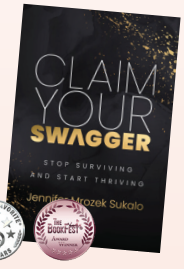
author of ***Claim Your SWAGGER, Stop Surviving and Start Thriving***

## Wednesday, January 17, 2024 | 6pm

Waveny LifeCare Network | 3 Farm Road | New Canaan

Kindly RSVP by January 16 to events@waveny.org
or scan QR code to register

Jennifer's book will be available for sale at the event
courtesy of Elm Street Books






Jennifer Mrozek Sukalo is a New Canaan resident and an exceptional guide in the realm of personal growth and development, empowering individuals to unleash their potential by reshaping the way they think, act, and behave. She is an award-winning author and her insights have graced renowned platforms such as Livestrong, Prevention Magazine, Fast Company, and more. Jennifer excels at helping people learn to harness their mental power and use what they already have to foster positive life changes, transforming themselves and the world around them.

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