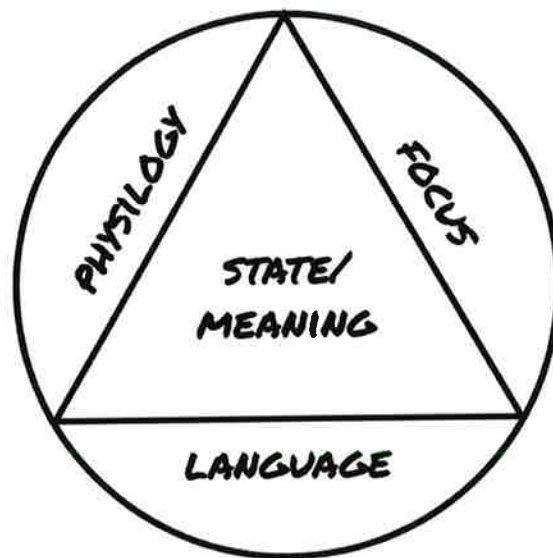


**Health & Wellness
Presentation**



Be Your Own Life Coach

June 24, 5:30 pm



Learn tips and techniques to coach yourself to understand the why & the how, the sticking to it, and sometimes not! of your life.

Look into your reasons, justifications, explanations, habits that are shaping your life, and figure out how to make changes where you want.



June Topic:

The Triad

Explore three aspects of life you can work with to change the mood, energy and direction of your life

Sign up required.

SIGN UP USING THIS QR CODE



Or at scfymca.org, in person or over the phone 707-545-9622