



KEEP THE MOMENTUM GOING

Rethink the “All or Nothing” attitude
on your health & wellness!

What You'll Learn:

- How to adjust your lifestyle to keep progressing, even when the going gets tough
- We'll look at 6 areas of life & provide solutions to staying on the path even when stuff gets in the way



**Success doesn't come from
what we do occasionally – It
comes from what we do
CONSISTENTLY.**



Session Details:
Wednesday, September 17th
5:30–6:45pm
YMCA Conference Room
FREE (Registration Required)
Scan below!

