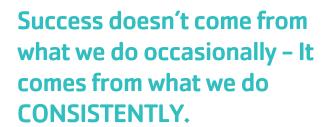


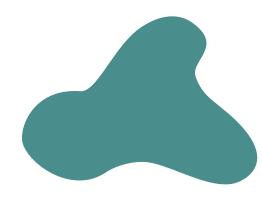
KEEP THE MOMENTUM GOING

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



- 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







Session Details:

Wednesday, September 17th 5:30–6:45pm YMCA Conference Room

FREE (Registration Required)
Scan below!

