

Wellness SEMINARS



LIVING INSPIRED



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JANUARY 15TH | 6:30 PM

CHOICE COMMUNITY ROOM
FREE TO MEMBERS! (\$5/NON-MEMBERS)

Living Inspired is designed for everyone in search of motivation, change, and positive thinking. There are times in life when we feel that we have reached a turning point and that we need to reassess our goals in order to move forward. Join us to find out how to create healthy habits, set goals, combat the negativity bias, and improve your self-awareness.

NO PRE-REGISTRATION REQUIRED.
CHECK IN AT FRONT DESK BEFORE SEMINAR.

 **CHOICE** HEALTH
& FITNESS