

# Staying on Track

Are you struggling  
with your  
New Year's resolutions?

**FREE  
SEMINAR**

**INTENTIONS**  **ACTIONS**

Take 30 minutes to see how to enhance  
the success of your exercise (and other)  
goals!

Learn a technique for making more time  
and energy for the things you want.

**\*Wednesday February 1<sup>st</sup> - 6 p.m.**

**(in the upstairs office)**

**Limited space – call 224 4549 to register**

with

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Certified Life Coach

See [www.creativepursuits.net](http://www.creativepursuits.net) for more information

