

THINK YOURSELF THIN

with

Mandy Kotzman, Ph.D.

Certified Life Coach, Author, Trainer, Consultant.

Exercise your mind to shape your body.

- Explore your sphere of influence - the relationship between your thoughts, feelings, actions and needs
- Refine your goals and strategies
- Listen to and laugh at your excuses
- Tap into your wisdom and strength to take control

Wednesday March 26th 7:00 pm – 9:00 p.m.

Fort Collins Senior Center, 1200 Raintree Drive, Fort Collins.

Register at (970) 221 6655 or www.fcgov.com/recreator

Course # 44567-01; \$21

Jointly offered by

Creative Pursuits LLC & City of Fort Collins Recreation Program

The city of Fort Collins will make all reasonable accommodations for access to City services, programs and activities and will make special communication arrangements for persons with disabilities. Please call 224-6047 for assistance, TDD/TTY 224-6002.



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