

THRIVE IN '05



INTENTIONS ACTIONS

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

Learn a technique for making more time and energy.

- ***Tues. January 11th - 10 a.m.** (in the Gallery)
- ***Wed. January 12th - 2 p.m.** (in the Gallery)
- ***Thurs. January 13th - 7:30 p.m.** (in the Aerobics room)
- * **Other times available by arrangement/as needed**

with

Mandy Kotzman, Ph.D.,
Certified Life Coach

See www.creativepursuits.net for more information

