

Finding Motivation for Behavior Change



Thursday, February 25
Library Community Room
10:30 -11:00 am

Losing weight is one thing many Americans strive to do in our society today, but it is not always an easy road to get there. A lot of times we can lose the weight, but have a hard time keeping it off. In this seminar, we will discuss how finding your motivation can take you to that next level of making these new behaviors last a life time. We will help walk you through setting goals for yourself and give other useful tips to making successful lifestyle modifications.