

# 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 11<sup>th</sup> - 10 a.m. (in the Gallery)
- \*Wed. January 12<sup>th</sup> - 2 p.m. (in the Gallery)
- \*Thurs. January 13<sup>th</sup> - 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](http://www.creativepursuits.net) for more information

