



SPONSORED BY HEALTHY HABITS COACHING

# **\*FREE\* HEALTHY HABITS WORKSHOP**

If you have struggled to lose weight, keep off lost weight, or make healthy lifestyle changes, this workshop is for you!

**SEPTEMBER 9TH, 7 PM - 8 PM  
COMMUNITY ROOM**

Come and learn: the 3 main things that have prevented you from losing weight in the past, how to create new habits, more about the Healthy Habits 123 program, and leave with a list of healthy snack recipes. Bring a notebook and a friend!