The New Year is right around the corner! What better way to prepare for 2018 than by learning about goal setting and how to create a new year’s resolution that’s right for you?

Bring your lunch and join us to learn:

- Tips on finding motivation and creating your vision
- How to prepare for success, overcome barriers, and celebrate wins
- How to be “smart” about setting behavioral goals
- How to use support and accountability to your advantage

**presenter:** Samantha Mallo MS, CWHC; Wellness Specialist, Aspirus Business Health

**date:** Wednesday, December 13

**time:** 12:00-12:45pm

**location:** Wood County Courthouse, Room 114

**RSVP:** Appreciated for room set-up: Wendy Young at 715-421-8437 or wyoung@co.wood.wis.us

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