

AUGUST 2017 WORKSHOP

TOPICS -Mechanicsburg

1– Seven Simple ways to say NO

8 – How to Read Body Language

11– How TO BE Motivated

15 – Be Honest with Yourself and Make Conscious Choices

21 – How to Take Care of Yourself During Tough Times

22 – Finding it Hard to Do What's Good for You?

30 – We All Need Time Alone