



FREE Wellness Webinar

SUPPORTING MOTIVATION TO CHANGE

Wednesday, February 10 | 3-4 PM

**FREE AND
OPEN TO ALL**

Join us and learn communication skills to support you and others during the process of change. We will explore how to stay motivated when making positive lifestyle changes for better health and well-being.



@TriCityMHS



REGISTER TODAY:

ringcentr.al/36it1Qw