

# Courage to Change

**Need a change in your life?**

**Looking for motivation to take the next step?**



**Don't face the obstacles to change alone!**

**Two Week Group**

**Simcoe: Tuesday's Jan. 9-16 (5:30-7:30pm)**

**Or**

**Townsend: Thursday's Jan 11-18 (10am-12pm)**

**Register by January 5**

**\*Transportation available to Townsend group only\***

**For more information or to register call**

**519-587-4658 x 2150(Monday through Friday)**

