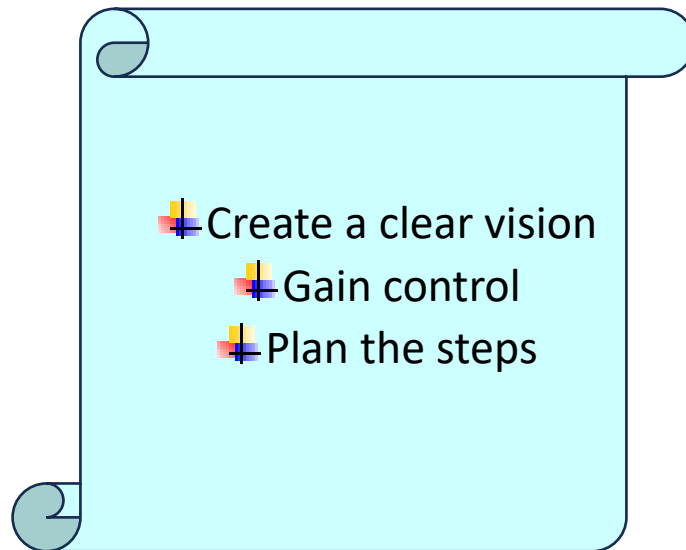


# Goal Setting

Every goal you reach begins with the decision to start!



## Two Week Group

**Simcoe: Tuesday's Jan. 23-30 (5:30-7:30pm)**

**Or**

**Townsend: Thursday's Jan. 25- Feb. 1 (10am-12pm)**

Register by **January 19**

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

For more information or to register call

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

