



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWER YOUR PROGRESS WITH A POWERFUL WHY

Mind/Body Workshop C.B. PENNINGTON JR. YMCA

How Strong Is Your Why?

When things get rough, motivation or willpower can get weak and fail to provide the drive needed to stay on track. Having a strong 'why' can help you push past obstacles and progress to your goals.

Join us as author and ACE certified health coach Nettye Johnson explores how to apply the power of want to wellness. Two sessions will be held in February.

SESSION 1: February 9, 2018
10:45 a.m. - 11:30 a.m.

SESSION 2: February 20, 2018
6:15 p.m. - 7:00 p.m.

LOCATION: C.B. PENNINGTON JR. YMCA
15550 Old Hammond Hwy

