

# FEEL BETTER. LIVE BETTER. BE BETTER.



Motivation is essential to taking action and accomplishing your goals. If healthy behaviors feel like a chore, you're less likely to do them. A health coach can help you find that motivation by tapping into your strengths. If you're feeling stuck, unmotivated, or just status quo, come and learn how to feel better, in order to live a better life & ultimately Be a Better YOU!

Instructed by Tracy Lightburne, MS, CPT, CWC

DATE	TIME	LOCATION
Wednesday, January 23	12p - 12:45p	Admin Building, 3rd Floor REO Conf. Room A 1112 Manatee Ave W., Bradenton
Wednesday, February 13	12p - 12:45p	MSO Ops, Media Classroom <i>MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton <i>Register on PowerDMS</i>
Wednesday, March 13	12p - 12:45p	Public Works, Conf Room 1 1022 26th Ave E, Bradenton

Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)  
(select "Feel Better" in the dropdown menu or use the search bar)