

Build healthy habits

Take a convenient online class to help you change your routine for the better

Good health can be habit-forming! Learn strategies to target one habit at a time and make healthy changes that stick.

Ready, Set, Goal: Creating Healthy Habits

Tuesday, May 21, 2024 | 11 AM to Noon Pacific Daylight Time

Click the link below or scan the QR Code to join via computer or mobile device at:

<https://event.on24.com/wcc/r/4432075/AF5E4155A2A022306A7F518C9078403F>

Registration is now available and will remain open through the end of the event.

