



Improving well-being
in our community

www.thewell-brahams.weebly.com



Unlocking Your Best Self: Breaking Bad Habits and Embracing Resolutions With Adrijana Tomas Goryn, Certified Nutritionist and Body Transformation Specialist



FREE EVENT

AT

WILBRAHAMS'
MEMORIAL HALL

TUESDAY 23rd JANUARY

7.30 PM

Understand the Psychology of
Habits:

Learn Strategies for Breaking Bad
Habits:

Find out How to Find Your Why:

Building a Supportive Community:

Self-awareness and Self-Reflection

