

HEALTH SERVICES:

# My Future Awaits!



Foothill Unity Center, Inc.

HELPING PEOPLE. CHANGING LIVES.

## How do you turn habits into goals?

Please join us at Foothill Unity Center for a workshop where we will define healthy habits and the transformative power that they carry in goal setting. We will also create individual vision boards that you can take home with you. Let us dominate this year together by making dreams a reality!

### EVENT DETAILS:

Open to the Public

#### WHEN:

Thursday, January 27th, 2022  
10:30 AM - 11:30 AM

#### WHERE:

790 W. Chestnut Ave.  
Monrovia, CA 91016  
Front Entrance Parking Lot

Manifest your goals through a vision board



VISION

Board Party

For more details, please contact [healthservices@foothillunitycenter.org](mailto:healthservices@foothillunitycenter.org)

“Be the **HEART** of **HOPE**”

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