

LEARN ABOUT H3'S NEW

HEALTHY

HABITS

Circle

BEGINS THIS SEPTEMBER



H3 is currently registering participants to be a part of the Healthy Habits Circle. This 15-session program provides Circle Members intense support and tools for building new habits focused on self care, stress management (through the holidays and winter months), better sleep, and other life enriching behaviors.

Circle Members will meet every other Thursday evening, Sept. 8th through April 6th, 2017 from 6:00 to 7:30 pm. Cost is \$40 a month. Space is limited. Early registration is important.

Don't travel the challenges of change alone. Experience the power of group accountability. *Share strategies and successes.*

BUILD AND SUSTAIN BEHAVIORS THAT SUPPORT AND INCREASE YOUR EMOTIONAL WELLNESS.

Register today. Call 586.335.2006 or email Support@H3EmotionalWellness.com

Coordinated by H3 Facilitators: Lisa Maura, RN, MS, BCC; Karen D. DeCuir-DiNicola, MA