

Would you benefit from any of the following?

- Connection
- Community
- Accountability
- Forum for questions
- Learning from others
- Play
- Support

The STRONG Challenge **Group Coaching** sessions may be for you!

We're offering the following days/times (depending on the interest, we may add additional days/time).

- Mondays @ 8:30am – Seniors only
- Tuesdays @ 6pm
- Thursdays @ 11am

Sign up here OR at the front desk!



https://www.surveymonkey.com/r/Y-STRONG_Coaching