

NU Fitness & Recreation's

lunchtime educational series presents . . .

CHANGE ONE THING*Terrific strategies on how to make changes and reach goals--one step at a time!***Wednesday, January 30****12:10 - 12:50pm**

The NEW YEAR is a wonderful time to set self-improvement goals. But each year millions of Americans make diet, health and fitness resolutions that go unfulfilled. With resolutions, we often think that something magical will happen that will enable us to change our behavior. Join Carol Moss, LCSW, Life Coach, and learn what to do when the "high" of making a change--the new diet, new workout regime, the pledge to fit into last year's swimsuit--fades and the reality of life steps in. Receive tips on how to commit to changing just one thing. Discover how to make this year's resolutions last--by changing one thing at a time.

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208