



S.M.A.R.T. GOALS

S.M.A.R.T. GOALS LECTURE

Come Learn how to make your health & fitness goals S.M.A.R.T.!

MONDAY, OCTOBER 8, 2018 @ 11:30 AM
THURSDAY, OCTOBER 11, 2018 @ 5:30 PM

Lectures will be held in The Lifestyle Center Conference rooms.

For more information,
contact 624-3450.

The *Lifestyle*
Center
A division of Kaweah Delta Health Care District