

OCEA MEMBERS ONLY

RESOURCES FOR YOUR PERSONAL AND PROFESSIONAL LIVES



READY, SET, GOALS: CREATING HEALTHY HABITS

NOON-1 P.M. WEDNESDAY, JAN. 29, 2025

OCEA ASSEMBLY ROOM, 830 N. ROSS ST., SANTA ANA, CA 92701 ... AND ON ZOOM!

Changing unhealthy habits to healthy ones can be a challenge. In this seminar, we'll ask you to choose a behavior you want to target and explore ways to strengthen your motivation to create habits that stick. You will be invited to create a realistic action plan, using your personal strengths to improve your overall well-being.

PRESENTED BY



**KAISER
PERMANENTE®**

QUESTIONS WILL BE PRIORITIZED FOR
THOSE PHYSICALLY IN THE ROOM

ALSO LIVE STREAMED ON 
— ONLINE ATTENDEE PARTICIPATION MAY BE LIMITED —

MEETING ID: **850 2697 0470** | PASSCODE: **745333**

TO LEARN HOW TO USE ZOOM, PLEASE VISIT [OCEA.ORG/HOWTOZOOM](https://www.ocea.org/howtozoom)

IN-PERSON SPACE IS LIMITED. PLEASE RSVP BY EMAILING RSVP@OCEA.ORG

Lunch will be provided to those who attend in-person. Complimentary parking is available in the Diamond Parking lot in front of OCEA but is limited so please carpool.

THERE IS NO NEED TO RSVP IF YOU ARE JOINING VIA ZOOM