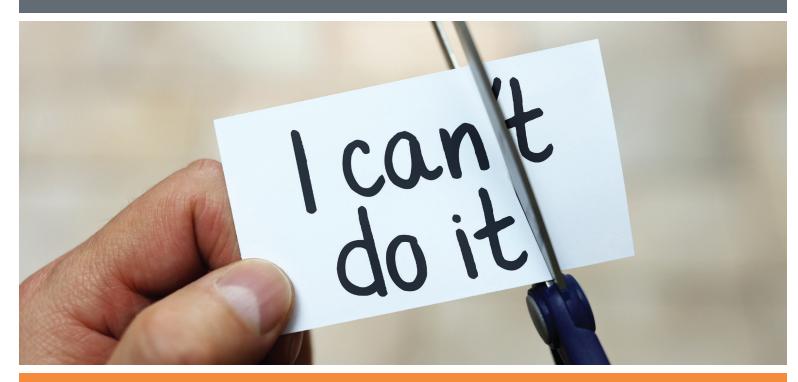
## **OCEA MEMBERS ONLY** RESOURCES FOR YOUR PERSONAL AND PROFESSIONAL LIVES



## **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



QUESTIONS WILL BE PRIORITIZED FOR THOSE PHYSICALLY IN THE ROOM

ALSO LIVE STREAMED ON 2000

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.

MEETING ID: 850 2697 0470 PASSCODE: 745333 TO LEARN HOW TO USE ZOOM, PLEASE VISIT OCEA.ORG/HOWTOZOOM

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



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