

Goal Setting That Really Works

Tuesday Sept 22, 7:30pm

a talk by life coach Molly Froelich, MA in Counseling Psychology



Whether you're focused on getting healthier, planning a career change, or working on creative pursuits, setting goals can help you get where you want to go.

In this interactive one-hour workshop you will learn:

- How to access your inner resources to make your goals come to life
- How to visualize a successful result
- How to overcome setbacks and roadblocks

Please join us for this first of three Fall Seminars sponsored by the Somerville Women's Commission and Asian Women For Health, and made possible by expert speakers who are volunteering their time.

Date: Tuesday September 22, 2015

Time: 7:30pm - 8:30pm

Place: Davis Square's **Eastern Bank Community Room**, 250 Elm Street, Somerville (under one minute from the T)

Cost: Free. Donations are most welcome and go to support Somerville Women's Commission anti-violence programs

All are welcome!

For more information about the joining the Commission for Women, attending meetings, or upcoming events, please contact commissions@somervillema.gov or call 617-625-6600 (x2400).



Individuals with disabilities who need auxiliary aids and services for effective communication, written materials in alternative formats, or reasonable modifications in policies and procedures, in order to access the programs and activities of the City of Somerville or to attend meetings, should contact the City's ADA Coordinator, Betsy Allen, at extension 2323 or ballen@somervillema.gov.