



Life Coaching 101

Have you ever heard of a life coach but aren't quite sure what this means?

Join Holly Menard, Life Mastery Consultant, as she dives into how she supports individuals of all ages in creating the life they envision. We'll focus on developing personal empowerment to create positive, profound, and permanent change in any area of life.

FREE!



Tuesday, March 5 • 4 – 5:30 pm

Seymour Center, 2551 Homestead Rd, Chapel Hill, NC



Register by Mon, March 4 at 919-968-2070

Hosted by Mental Wellness Senior Resource Team

www.orangecountync.gov/Aging

