

Please join us for a Wellness@Work Lunch-and-Learn!

PERSONAL ACTION PLANNING: A SIMPLE, POWERFUL TOOL FOR GOAL ATTAINMENT

Thursday, December 12

Noon to 12:45

Chapel Hill Community Center,
120 S Estes Drive



- Discuss the value of action planning in accomplishing goals
- A step-by-step breakdown of personal action plan development
- Design your own action plan to accomplish a current goal

Presenters: Katie Dodson, BSW & Corey Shuck, BA,
UNC Family Medicine Social Work Interns



Lunch will be provided!

Please RSVP to Liska Lackey by 5pm Tuesday, December 10, at llackey@email.unc.edu or 919-968-2796.



wellness @work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

