

Stress Reduction



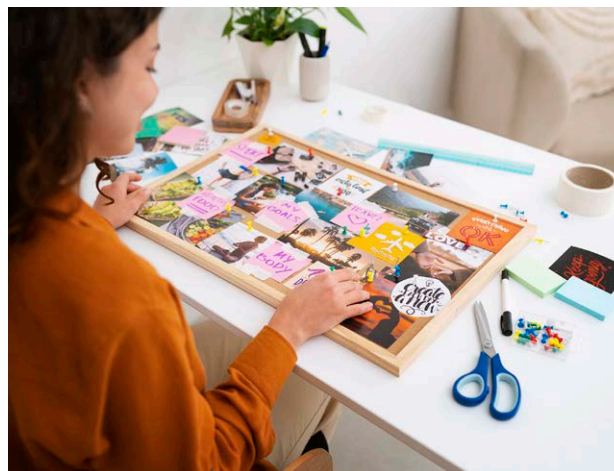
Vision Board Workshop



A Free In-Person Workshop Presented by
Cancer Support Community Atlanta

Create your vision for 2024 and start your year with a clear image of your future. We will create our own personalized vision or dream board which is a collection of images, words and symbols arranged in a way to help you to manifest your goals or vision. A vision board is an expression of yourself that inspires and motivates you to reach your goals. It represents the changes that you want to see in your life.

Come join the fun and create your dream board for the new year!



Led by: Jane Myers, BHS, ORT/L
Tuesday, February 20
12:30pm–2:30pm
In-person only

We validate parking, so bring your ticket in with you.
Our suite is located below the main lobby in Building 2.

Register in advance for this program on our website at:

www.cscatlanta.org/calendar



Registration

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.



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