

Incorporating Healthy Change

You've made the resolutions; now make the change.

Every year, millions of people resolve to make healthy changes in their lives: eating better, exercising more, losing weight, spending more time with loved ones, and focusing on what's important. However, for most people, actually making the changes is very difficult. We live in a fast-paced, ever-changing society where literally thousands of things compete for our attention. Many of us live in a state of information overload. The latest, 'cutting-edge' research is often outdated in a week, and the information available to us about health can seem contradictory and fragmented. How, then, can a person make lasting, healthy change in their life?

The purpose of this one hour lecture is to provide useful information and tools in order to help people begin the process of healthy change. The main goals of this lecture are:

- **Define what 'healthy change' means and help participants decide what areas of their lives need it**
- **Help participants to determine their priorities**
- **Assist participants in breaking large, long-term goals down into workable, short-term goals**
- **Provide tools and tips for successful time management**
- **Help participants to see the 'big picture' of their lives and to keep things in perspective**

Date: **February 9th and 10th, 2006**

Location: **Glenridge 400 Office Complex, 5825 Glenridge Drive
Building 3, Suite 101, Conference Room
Atlanta, GA 30328**

Time: **7:00 PM on 02/09, and 12:00 PM on 02/10**

Cost: **\$20.00 (Seating is limited so please call or e-mail to reserve a spot)**

Contact: **Adam Funderburk
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Directions to Lecture

Traveling I-285 East: Exit at the Glenridge Connector and make a left. At the third light, make a right into the Glenridge 400 office complex.

Traveling I-285 West: Exit at Peachtree Dunwoody Rd and make a right. Make a left onto Hammond Dr. Make a left onto Glenridge Dr and then make a left at the first traffic light into the Glenridge 400 office complex.

From GA 400 North or South: Exit at the Glenridge Connector (just inside 285) and make a left. Stay on it until you drive under I-285 and then make a right at the second traffic light into the Glenridge 400 office complex.

Once inside the Glenridge 400 office complex: Drive straight back to Building 3. Make a left in front of the building and park (if you drive around to the back you may get a bit lost). As you face the building, the entrance is a little to the left, on the ground floor. The sign will read '**Perimeter Business Centers, Suite 101**'.

**Glenridge 400
5825 Glenridge Dr. Bldg 3, Ste 101
Atlanta, GA 30328**