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Creating Healthy Habits that Work with Tricia McAvoy

New London, CT Saturday, January 14, 2017, 11:30-12:30PM– The New Year is always a chance to start again, to improve your already wonderful life so it can be even better. Too often we can get stuck doing the same things over and over, even when we know these things are not making us feel good in the long run. Learn the basics of how habits are formed and how you can replace the "bad" ones with more healthy choices. Join Trish McAvoy, Holistic Health Coach and owner of Blissworks Yoga & Healing Arts for this informative workshop and open up to the better parts of yourself. Bring some note taking materials and enjoy this uplifting and inspiring talk with Tricia McAvoy. Free and open to the public. Please register by calling or visiting plnl.org/events.

For more information, please contact Madhu Gupta at 860-447-1411 x108, mgupta@plnl.org or go to the library's website at www.plnl.org