

# Stay On Track



## Invest in Yourself for a change

*A half day workshop discussing strategies for moving forward with some of your goals or your direction. You will identify and work with some of your obstacles and distracters that may be keeping you from reaching what you want.*

**Facilitator: Marie Knapp RN BScN EdD**

**When: Friday June 21, 9 am till 12:30 pm**

(half-hour break midway)

**Where: Great Books & Cafe at the Williamsford Mill**

(23 Km south of Owen Sound)

**Cost: just \$25 before June 16th ... then \$35**

Throughout I will respect your privacy so no one will be pushed to discuss openly something that they feel is private. I am willing, however, to spend some time over lunch with individuals who would like some individual guidance

The doors will open at 8:30am. Buy a coffee and a nibble, and/or reconnect with people.

Workshop begins 9:00 sharp with a half-hour break for browsing, visiting or taking in the surroundings. We will finish at 12:30. Consider buying lunch there after the workshop.

**To Register** contact me and we will arrange payment through email banking (preferable), PayPal or a personal cheque. I need 8 people to run and 14 people maximum.

**Marie Knapp 519 371 1255 [marieknapp@rogers.com](mailto:marieknapp@rogers.com)**

**Thank you for spreading the word and passing this along to friends.**