

Resolution 2025

Transforming your Life with New Habits

During the **CHALLENGE**

By setting clear goals, implementing effective follow-up strategies, and utilizing your monthly Habit Tracker Calendar, you can cultivate positive habits in key areas such as physical health, emotional well-being, social connections, mental clarity, self-care and work-life balance.

30-minute

Schedule a one-on-one session with a Health Coach (optional) to discuss strategies for building positive habits and setting SMART goals.



JOIN NOW

Ayse Mazicioglu

E-mail to Register
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**GET MORE ACTIVE WITH
FITNESS & WELLNESS
THROUGH EXERCISE
CLASSES, FIT PLUS, HEALTH
COACHING, AND BY USING A
HABIT TRACKER**

Increase Discipline
Visualize Progress
Achieve Goals

Starting JANUARY 13, 2025

Get your HABIT TRACKER calendar by registering for Resolution 2025
Fitness and Wellness Office, Henrico Training Center 7701 E Parham Rd, suite # 2027