

JANUARY 2024



THE MONTHLY THRIVE & Thrive Within





FamFest

SAVE THE DATE

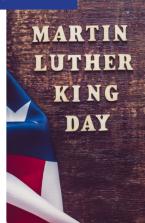
On March 16th, Lifetime Counseling Center will be hosting "FamFest," an event promoting resilient families, at

McLarty Park. This event will use games and activities to increase family engagement, bonding, and relationship building within family units. FamFest is a free event. More details to come!

Community Events/Dates

- 1/1- Happy New Year
- 1/13- MLK Parade & Festival
- 1/13- It's Just Yoga Health & Fitness Festival
- 1/15- Martin Luther King Jr Day
- 1/21- Soca Reggae 5K & Wellness
- 1/27- Run For Kids Race Challenge 2024

Click HERE for more community events





Reflecting on 2023

Self-reflection is a great practice to start off the new year. Ask yourself these questions:

New Year New Goals

The start of a new year is a great time for setting new goals. It's important to set realistic goals and to remember that you can always change your goals throughout the year. Here are some ideas for healthy and reasonable goals:

- Read more
- Spend more time outside

- Practice weekly positive







