

# Go For Your Goals

Friday, December 27th  
11:30-11:55am

[CLICK TO ADD TO CALENDAR](#)

Walk away with powerful techniques to help you achieve your goals. In this expert led seminar, learn about the science behind goal setting, proven strategies for making goals achievable, followed by a guided goal setting visualization.



Presenter:  
Shawn Bradford, M.S. Health  
Promotion & Workplace  
Wellness

