



Saville Cancer Screening and Prevention
Center 571-472-3500

Goal Setting for a Healthier You in 2026

Join us for a **FREE**
workshop on how to
successfully set and
achieve your wellness
goals for 2026!

**Facilitated by Saville's Behavioral Health
Therapist, Alana Yanagida and Wellness
Coach, Kanan Mahendru**

Date: Friday, January 23, 2026

Time: 12:00pm-1:00pm

Where: Virtual – Microsoft Teams

To register for the event:

