



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:

