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Whole Health

SKILL BUILDING

COURSE

In this 8-week course, Veterans will have the opportunity to explore in-depth the eight areas of the Circle of Health, create and discuss SMART goals, and learn tools and resources to empower their Whole Health journeys.

***Please note: Intro to Whole Health is a prerequisite for this course**



Registration is REQUIRED &
Attendance is REQUIRED for all 8 weeks

Date: Thursdays for 8 weeks

Begins Thursday, October 3

Time: 3:15p-4:15p

Where: YMCA of the Seacoast, 550 Peverly Hill Rd.,
Portsmouth, NH

Call 603-624-4366 ext 2680 to sign up



Learning from the teacher within

