

Health Workshop Series - Atomic Habits: Build Habits That Stick

Many of us start each new year with a few goals for the year ahead, but by February, we've lost our way and wondered why we couldn't follow through. In reality, change is less lofty than we think.

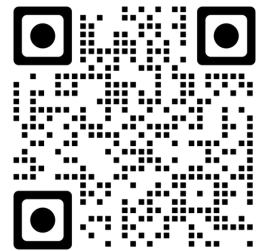
It's the small, day-to-day changes we make that can make the most significant difference. How can we align our goals with our belief systems and structure ways to get there that build habits that actually stick?

In this workshop, Dr Jae (chiropractor) delves into Atomic Habits and demonstrates how building new habits is possible and how they can directly impact your health and your life.

Set yourself on track for a productive, motivated, vital and happy year - no matter what time of year you start!

Wednesday 14 January 6:00pm - 7:00pm
Chiropractic Life Casuarina
46 Vanderlin Drive, Casuarina

★ **Bookings required! Scan QR Code to book**
Host: Chiropractic Life Casuarina
W - www.chiropracticlife.com.au



NO COST to attend!

To find out more about this activity, contact the host directly.



To find out more about Healthy Darwin:
Follow us on [Facebook](#)
healthydarwin@darwin.nt.gov.au
08 8930 0300


CHIROPRACTIC LIFE
CASUARINA


**CITY OF
DARWIN**