Prosumers of San Antonio Monthly Meeting
A Wellness and Recovery Empowerment Group

Tuesday
January 12, 2021
2:30 - 4:30 pm
Haven for Hope Volunteer Center
1 Haven for Hope Way
San Antonio, TX 78207
-Snack Provided-

Friday
January 15, 2021
12:00 - 3:00 pm
Center for Health Care Services
5372 Fredericksburg Rd, Bldg. F
San Antonio, TX 78229
-Lunch Provided-

Everyone is welcome to attend!!

Goal Setting
The beginning of the new year is a time to look at what you want to create for the new year. We will explore how to set goals. Then we will explore how to achieve those goals! This is the easy part. We will then explore why goal, like New Year resolutions, fade into the background. What can we do to keep us on track this year, so next year, we can say, “I met my goals!” Don’t miss this one!

RSVP online www.ProsumersInternational.org
A consumer led, consumer developed program that has you focus on wellness and recovery.
Questions? Call Prosumers San Antonio at 1-800-577-3795 x 804 or email ProsumersSanAntono@ProsumersInternational.org