

Change Your Way To Health!

2011 calendar

This year our theme focuses on building healthy relationships— with yourself and others. You can have healthy relationships with anyone in your life— family members, friends, co-workers, and boss— it just takes time, energy, and a little knowledge.



JANUARY	How to restore trust when it has been lost
FEBRUARY	Create a happier, stronger marriage/partnership
MARCH	How to improve a difficult work relationship
APRIL	Understanding the difference between assertiveness and aggressiveness
MAY	How to set personal boundaries
JUNE	How to hold a family meeting
JULY	Let go of guilt and negative feelings and move forward with life
AUGUST	Being interdependent not co-dependent in relationships
SEPTEMBER	The power of kindness
OCTOBER	Find forgiveness even if "it" is not your fault
NOVEMBER	Communicating with honesty and openness
DECEMBER	Cultivate and keep healthy relationships