



Mayo Clinic Resilient Living Half Day Upcoming Events

June 27, 2015 **A Fresh Take on Goal Setting** Featuring: Heather Preston, M.S, CWC

Goal setting plays an important role in behavior change, creating a framework to help you reach your outcome of desired weight loss. Join Heather Preston in a group discussion offering some fresh ideas to the mindset of goal setting. This fresh approach offers a new perspective to taking action, exploring set-backs and what we can learn about ourselves along the way.

July 11, 2015 **Forgiveness** Featuring: Dr. Kate Piderman Ph.D.

Forgiveness is a decision of the heart, mind and soul that frees us and opens the door to more peaceful and joyful living. Forgiveness is not denying wrongs that have occurred or pain that has been suffered, but it is choosing to loosen their grip. Our presenter, Chaplain Kate Piderman, will offer wisdom from secular and sacred sources about forgiveness and outline practical steps to begin and to live the process of forgiveness.

Space is limited. Please call 507-293-2933 to register.
Classes subject to change, updates will not be made to this calendar, call for details.