



Wellness

101:

Getting Ready for 2024

Are you Ready to make
some changes for the
New year??

Have you thought about learning new ways to
feel better but struggled to know where to
start?

*We are ready to help!
Every Monday starting January 22nd*

Where: Delta Oaks Clinic, 1022 Green Acres Rd

Call: Courtney A. Woodward, LPC for more information
541-682-7465

1/22

1:30 PM

Stress & Stress Management:

- Sources of stress
- Worry Control
- Coping Skills

1/29

1:30 PM

Get Better Sleep:

- Understanding Sleep Cycles
- How to set yourself up for better sleep

2/5

1:30 PM

Stop the Habit!

- Smoking?
- Food?
- Phone/screens?

2/12

1:30 PM

Goal Setting

- Set achievable, practical goals that will work for you!