

Vision Boards

Create Your 2025 Vision Board for a Healthy You



Class Details

DAY OF WEEK: Thursday

DATES: February 6, 2025

TIME: 9:30 a.m.-11:30 a.m.

LOCATION:

Santa Fe County Extension
3229 Rodeo Road
Santa Fe, NM 87507.

INSTRUCTORS:

Laura Bittner, PhD
Bryce Jorgensen, PhD
Karim Martinez, PhD
Michelle Stizza, MEd

TO REGISTER: Call **505.471.4711** or visit our website at santafextension.nmsu.edu



Join Us:

- Learn how a vision board can help you clarify your goals for 2025 and focus your intentions.
- Hear from our team of specialists to help you generate ideas.

Topics include:

- Health and Well-Being
 - Financial Wellness
 - Stress and Resilience
- Create your 2025 Vision Board for a *Healthy You!*

Registration and Materials Fee \$15.00
Includes:

- * Vision Board Kit
- * 48-Page Notebook
- * 80 Cards



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and Environmental Scien