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Health Information
Week



2-8 July 2018

#HIW2018

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Motivating Yourself

A talk by David Gill.

"Whether you think you can or whether you think you can't, you're right".

Henry Ford

Do you want to improve your fitness, follow a healthy eating plan or adopt a healthier lifestyle?

Do you struggle with finding the motivation to stick to these plans?

Most people don't achieve their goals because in some way, they *think* they can't.

David Gill, who has developed a number of courses around personal development will outline techniques to motivate yourself to achieve any health related goal.

Come along to the free talk as part of Health Information Week.

Also get a free health check and advice on healthier lifestyles.

Thursday 5th July, 2.00 - 3.00

Dudley Library, St James's Road, Dudley, DY1 1HR

Book your free ticket at www.eventbrite.co.uk

<https://www.eventbrite.co.uk/o/dudley-libraries-12429799772>

Telephone 01384 815555 for more information.

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