



FINANCIAL FITNESS

Join us for a discussion about how we can thrive in life by making better choices with our time and money. By understanding and applying principles of stewardship, we live our best lives. In this workshop, participants will explore ways to make the most of what they have and ways to live a more abundant life. Participants will have greater appreciation for why Spending Plans aka budgets will bring peace to their lives.

This workshop is available at **no cost**.

To register, click [HERE](#).

Darren Johansen, CMHC

a relationships specialist will discuss ways to establish and maintain happy, healthy, thriving relationships. He will also share the how to's of understanding proper boundaries and eliminating unhealthy, and unwanted relationships. Although this is not a couples only course some time will be spent on building marriage relationships. Darren has been married 28 years, been parenting for 25 years, and has a Master's degree in Clinical Mental Health Counseling.

February 9th
12:00 p.m. - 1:00 p.m. MT

Event Location:
Online!