

# Commit To Your Well-Being

## Marie-Caroline Beaudoin

Which habits can you change to improve your well-being?

What are you considering doing more of? Or less of?

We can all make some positive changes to improve our health and quality of life. But with the current crisis, these changes can easily get postponed and end up on the back burner. Take part in this invigorating workshop to prioritize these changes. Through conversations, live demonstrations and interactive exercises with peers, you will feel energized and more committed to your well-being.



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Whether it's exercising more, eating healthier, drinking less alcohol, sleeping more, unplugging from our phones, spending less time on social media, watching less television, or reducing stress and tension, there are many changes we can make! Altering our choices and modifying our habits can improve our physical and emotional health.

**Let's discuss changes that are important to you.**

As a therapist, I have been helping people for the past 15 years make positive changes to improve their lives. In this workshop, I will review psychological theories that can help you better understand the process of change and the ingredients of motivation. Your participation in discussions and various exercises, will give you momentum!

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