

# 2023 Wellness Webinar Series

BROUGHT TO YOU BY THE SOLUTIONS GROUP, A DIVISION OF PRESBYTERIAN HEALTHCARE SERVICES



**Wednesday,  
January 18**  
NOON - 1:00 PM

## What is the quality of your motivation?

Have you ever wondered if you were just a little more motivated if it would be easier to reach your health goals? Have you watched people that seem to be very motivated and wondered how they do it? Are you curious about motivation in human behavior? If you answered yes to any of these questions, this webinar is for you!

Learn about motivation and ways you can apply it to support you with your goals. We'll provide tips, tricks, and things to consider when it comes to motivation that you can start applying right now.

Presenter: Jenn Marberry, Health Coaching Supervisor, TSG



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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.