

# Time, Goals, and the Power of Routines

A Lifeskills Workshop

*Presented by  
Dr. Betsi Little*

Learn how to apply the principles of Positive Psychology to set better goals, manage your time and create life-long habits

Join us  
Thursday, April 18th, 1:30 PM - 2:30 PM  
at the TLC Escondido, Rm. ESC-500B

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Questions?  
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