



~ Kimberly Erickson ~

SATURDAY WORKSHOP

JAN 20TH, 9:30-11:30AM

Being Who I Want To Be

\$25

BRING A
FRIEND FOR
FREE

Register online or by email

growingharmonywithin.com
grow@alpacaman.com
or scan code



Class Location:
Old Central School
10 NW 5th ST, Suite 109
Grand Rapids, MN

Park in the Old Central School parking lot. Enter the door off the parking lot and go up one level. There is an elevator or you can use the stairs.

Do you feel like you're living the life you truly want? It's easy to get caught up in the daily grind and lose sight of our true selves. But fear not – this workshop is designed to help you identify the barriers that hold you back and give you the tools you need to move forward. Here's what we'll cover:

- Setting intentions for personal growth
- Identifying the obstacles that are hindering your progress, such as health, stress, and resources
- Taking actionable steps toward stress management, health improvement, and resource identification

By the end of this workshop, you'll have a clearer vision of who you want to be and the steps you can take to get there.