



Communicate effectively  
Build stronger relationships  
Engage with family & friends  
Avoid feeling inferior



Saturday,  
**DECEMBER 7**

1:30-4:30pm

# BECOME A BETTER YOU

A relaxing **interactive workshop** with

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**JESSICA ANDERSON & BETH SCHLUETER**

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John Maxwell Team Certified coaches Jessica & Beth will guide you through informative teaching & fun activities with proven principles of personal growth and communication.

Prepare your mind and heart for family gatherings so you can be intentional about valuing time together, be confident in who you are and really connect with others instead of just occupying the same space. Be ready for the new year and make the most of it!

LOCATION:

**BASICS CO-OP**  
1711 LODGE DRIVE  
JANESVILLE, WI 53545

SIGN UP ONLINE:

[BECOMEABETTERYOU.INFO](http://BECOMEABETTERYOU.INFO)  
OR CALL 608-425-0959

**ONLY \$12 PER PERSON**

**INVITE A FRIEND!**

*Independent event not affiliated with Basics*