

# ACHIEVING YOUR GOALS



Are you over 50? As a great introduction to Active Ageing Week, come along to a relaxed, engaging and thought provoking session on 'Goal Setting - what's in it for me?'

We are delighted to have Nicky Baker, Interprofessional Clinical Lead, College of Nursing & Health Sciences at Flinders University who is currently undertaking research into the area of goal setting come & have a chat with us.

At the session, Nicky will present a snapshot of her research to date and facilitate a short goal setting session with the group.

*'The outcome I have in mind is for folks to go away and consider what it is they'd like to work towards, in any aspect of their lives, and the start of some strategies to go about it.'* Nicky Baker

10am to 11.30am  
Monday 24 September 2018  
Jack Young Centre Library  
1 Orange Avenue, Salisbury

This FREE session includes morning tea.

Bookings essential:  
[www.salisbury.sa.gov.au/goals2018](http://www.salisbury.sa.gov.au/goals2018)  
Enquiries 8406 8525

