



Letting Go

of the Things that

Hold You Back

**WED, SEPT 23**

**11:30 AM – 12:30 PM**

**WEBINAR  
REGISTRATION**

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**EARN 25 HIP POINTS**

Happiness, health and satisfaction are often features of a living a good life.

Explore what to bring along on life's journey, what to leave behind and what to acquire along the way.