



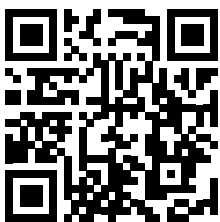
## MAKING THE DECISION TO CHANGE

Most of us realize that if we would improve our lifestyle, that we would lose weight, gain strength, have more energy, avoid chronic diseases, and enjoy better health. Unfortunately, knowing we “ought to” change rarely translates into better health. This presentation focuses on how to successfully change your health-related behaviors.

This workshop is available at **no cost**.  
To register, click [HERE](#).

**March 19th**  
**12:00 p.m. - 1:00 p.m.**

Event Location:  
Online!



### **Presented By: Darren Elkins, LMFT, Clinical Director**

Darren received his master's degree in Marriage and Family Therapy from Utah State University. He also holds two bachelor's degrees from the University of Utah in Psychology and Family & Human Development. He served on the Utah Association of Marriage and Family Therapy board. Darren has a wide range of experience in workplace issues, leadership training, marital therapy, assessment and referral for drug and alcohol services, presented at various conferences, and served on the Utah Association of Marriage and Family Therapists Board.



## MANAGING ADULT ADHD

Navigating ADHD can feel very overwhelming at times. There can be shame, frustration, exhaustion, and overwhelm when dealing with the symptoms of ADHD. There are also a lot of things about ADHD that make life fun and interesting! This webinar will provide some education on ADHD overall, but more importantly, some practical tools for ways to navigate those things that get in the way of getting things done!

This workshop is available at **no cost**.  
To register, click [HERE](#).



### Beth Adair, LCSW

Beth attended University of Utah for her Bachelors of Social Work. She then decided to pursue her education further by attending the Masters of Social work program at the University of Utah. After obtaining her degree, Beth chose to get certified in Mind and Body Bridging, EMDR trained, and take on extensive training in DBT. Beth has experience in substance use, attachment and identity issues relating to adoption, family communication individuals on depression, anxiety, life transitions, and job burnout or overwhelm. She enjoys working with families and individuals ranging from pre-teen to adult. Beth also enjoys providing a space where clients can find validation for their experiences while also working to find their own strengths.

**March 27th**

**12:00 p.m. - 1:00 p.m. MT**

Event Location:  
Online!