



TAKE YOUR NEXT BEST STEP FORWARD

Young adults aged 16-25! Join us for FREE workshops covering critical life subjects. Pursue meaningful employment, practice healthier living, and set attainable goals to create a more sustainable, healthier foundation for YOUR the future.

Live Forward - Intentionally pursue a healthy future.

Mental Health Matters - Learn to pursue goals that support positive mental health.

Get to Know Yourself - Dig into your strengths & set achievable goals.

Money Matters (2 sessions) - Understand financial basics.

Conflict Correctly - Learn healthy conflict resolution strategies.

Broccoli vs. Takis - See how healthy eating impacts physical & mental health.

Reverse the Clock - Master time management every moment of every day.

I Need a Job! - Learn to set yourself apart, get connected, & get hired.

I'm Stuck! - Identify personal roadblocks & achieve your goals.

Scan the code. Learn more. And sign up for these FREE workshops!



4-6pm | Tuesdays | May 30 - August 8

Freedom Blend Coffee
2329 Hickman Road
Des Moines, Iowa
515-282-4822

