



January

SMART Goal-Setting

This upbeat workshop invites you to **discover what motivates you** and tap into your own energy for positive change. You'll **create clear, meaningful SMART goals** that help you move toward what matters most, while also exploring **simple, encouraging strategies** to overcome common barriers and stay on track. Along the way, you'll **learn easy ways to track progress** and celebrate victories, both big and small, so every step forward feels meaningful and doable.

DATE: 01.23.26

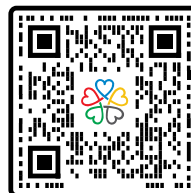
TIME: 11:30 AM

LOCATION: One Roof Southeast Neighborhood Ctr

ADDRESS: 405 E. Dubail Ave., South Bend, IN 46613

Space is limited, reserve your spot today by calling (574) 284-7189 to register.

Register for lunch by 12 PM: 01.21.26



Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.



Silja Jaquay

Health Education
Manager

Silja Jaquay is the Health Educator Manager for REAL Services, Inc. and a certified facilitator for several evidence-based fall prevention programs. With nearly 20 years in prevention education and health promotion, Silja has a passion to help individuals live healthy, independent lives on their own terms.