

Pathway to Making the Most of One's Own Life Circumstances

Two Day Workshop

When:

**Wednesday, March 27th &
Thursday, March 28th 2013**

Where:

**Library Level 3 Eco Lab Room,
Saint Paul Campus**

Time: 11:30 AM –1:00 PM

RSVP to

hopewithinu@gmail.com

Lunch is provided



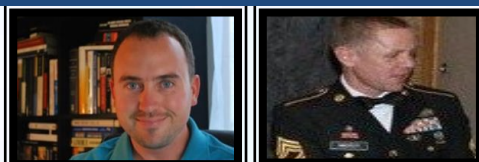
The authors will present a two day workshop using their own 12-step path for maximizing your unique human potential.

Those who attend will gain insight, develop realistic goals, create positive change, and inspire others to live by example.

Special info about the Two Authors

Travis Slone had an open heart surgery as a young 22 year old Soldier; and then he became inspired to help others overcome challenges in their own lives.

Hugh Anstett has been deployed to combat three times, completed the grueling Iron Man competition, and has overcome many other significant life challenges.



Both Author's are Officers & Social Workers in the US Army

Sponsored by **Hope Within U**, a Health & Wellness Student Organization Metropolitan State University



Persons with disabilities who need a reasonable accommodation to participate in these events, call Disability Services at 651.793.1540 or 651.772.7687 (TTY), two weeks prior to event.