



Climb Today's Mountain

A lifestyle change program for you:

- Build time, money and energy – get off the treadmill of stress.
- Set and reach personal goals – enjoy daily success.
- Live your personal vision – change the direction of your life.

■ Ongoing personal support ■ Skill-Exchange ■ Networking

Ongoing on Mondays, 7:00-9:00 p.m. from June 25th at the Pittsburgh Mennonite Church, 4005 Murray Ave. Inexpensive.*

Info: www.climbtodaysmountain.org or (412) 825-0260.

* Your first two meetings are free.