

# *Effective Communication Starts By Knowing Yourself First*



*Imagine better health.™*

Did you know effective communication is associated with reduced stress and healthier interactions with the important people in our lives? Join us to learn new skills and techniques that can be used with partners, friends, children, co-workers and others. In addition, we will start the workshop with a COLORS Personality Test to learn about yourself first!

## **When:**

*Tuesday, June 20, 2017*

*5:30pm – 9:00 pm*

*(dinner provided at 5:30pm, class begins at 6:00pm)*

## **Where:**

*Our Savior's Lutheran Church*

*138 3<sup>rd</sup> St. NW*

*Valley City, ND 58072*

## **Cost:**

*FREE*

## **To Register:**

*Call 701-845-6557 or Email*

*[stephaniemayfield@catholichealth.net](mailto:stephaniemayfield@catholichealth.net)*

*By Friday, June 16, 2017*

*This event is made possible through grant funds provided by Catholic Health Initiatives' Mission and Ministry Fund with the purpose of supporting innovative projects designed to improve the health of a community.*