

# Embrace Your Inner

# planner!

**July 18 • 10:00-11:30 a.m. | July 30 • 5:00-6:30 p.m.**  
**August 22 • 10:00-11:30 a.m. | August 29 • 5:00-6:30 p.m.**  
**September 12 • 5:00-6:30 p.m.**  
**Family Outreach Center • 547 Rice Drive, Building 33512**  
**Registration Required for Each Workshop**

This free workshop uses Plan My Planner ([planmyplanner.com](http://planmyplanner.com)) and Happy Planner ([thehappyplanner.com](http://thehappyplanner.com)) as an intervention tool that combines your love for creativity with your need for organization to reduce daily stress and frustration. Planners and stickers will be provided for participants.



To register or more information:  
**FortGordon.com/FAP-Planner**  
**706-791-3579**