

MARCH LUNCH & LEARN
MARCH 15, 2023--12 NOON

\$5.00
EACH

love yourself

"Loving Yourself Isn't Selfish"

JOIN LISA PULLIAM



Author, Life Coach, Creator of the Toes in the Sand Women's Retreats



AS SHE REVEALS 3 SECRETS TO LIVING WITH

- **MORE JOY**
- **LESS STRESS**
- **MORE PASSION**

PRE-REGISTRATION REQUIRED BY CALLING 903.590.2980 OR
EMAIL: ROBBIE.WILLIAMSON@AG.TAMU.EDU
DEADLINE TO REGISTER IS MONDAY, MARCH 13TH.

Cotton Belt Building
1517 W. Front Street, Suite 116A
Tyler, TX 75702

Claudann Jones, Family & Community
Health Agent-Smith County



Educational programs of the Texas A&M AgriLife Ext. Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.