



# SEVEN HABITS

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FRIDAY, AUGUST 16  
8 AM - 4 PM

If motivation is what gets you started, habits are what keep you going. Every day military families face hurdles that would force Olympians to throw in the towel. Setting up a solid foundation and some reliable habits will take you from “we can’t” to “we can” and before you know it, you’ll be saying “we did”. Getting there takes teamwork, talent, desire, vision, and focus from the entire family, plus a few proven principles wouldn’t hurt either.

FOR MORE INFORMATION, CALL 703.784.2014





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