

Wellness Waypoint

2026 Goal Setting

Start the year with your best next step

Thurs Jan 15 • 2:00 p.m. MT • Zoom

Decide your destination

Design your map

Take your next turn

With your Co-Pilot:

Lydia Czech, CWP

Certified Wellness Practitioner

Health Behavior Coach

Click or
Scan



Arrive as You Are

Rest, Refuel—Roll out Refreshed