



Creating Your Thrivorship with SMART goals

TUESDAY, January 9, AT 11:00AM (CST)

In this webinar, participants will:

- Master SMART goal-setting for cancer patients, creating a transformative roadmap.
- Define values to liberate from societal norms, crafting a life story beyond cancer constraints.
- Link resolutions to values, boosting resilience in overcoming challenges for a purposeful survivorship.

REGISTER NOW:



Keynote Speaker:

Mary Buffington, MSN, RN

Mary Buffington, MSN, RN, a nurse since 2006, transitioned to coaching in 2018, focusing on supporting frontline healthcare workers during the COVID-19 pandemic. In 2022, she founded Arrow & Key Wellness to help individuals reclaim and redefine their health, emphasizing the importance of acknowledging each person's unique journey. Mary offers private coaching, energy work, and wellness classes both virtually and in Shepherdstown, WV.