

HAPPY NEW YEAR

SIP A SUGAR FREE FLAVORED TREAT



Don't worry,
we're watching our
calories this season too.

Try the
Skinny Sugar-Free
Vanilla Latte.

Only 3.00 for Large
Hot or **Iced**

Reach Your Goals

The first step to reaching your resolution is to write it down.

Seek social support. You can achieve your goals with the help of a mentor or buddy.

Make your goal about the journey and not the outcome. If you want to lose 15 lb., set your goal to hit the gym 3 days a week. This is more in your control and reinforces positive habits.

Track your progress. It is a mental boost to see your progress visually. Use a tracking app or graph if possible.

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Phone: (602) 679-6994

Location: **Governance Center**

Hours: **8:00am - 3:00pm**

Monday-Friday

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Email: KoweeCoffee@gmail.com