

YOU CAN DO HARD THINGS



January 24, 2023

Noon – 1:00 pm

Virtual Session | Microsoft Teams

You are only confined by the walls you build around yourself. It's better to confront, fight and even fail, but never settle for the comfort of remaining the same. Truth is you can do hard things. As long as there is breath in your lungs there is hope in your heart.

Meet Your Speaker:

Nathan Harmon is an international speaker and the founder of **Your Life Speaks**. Nathan presses in on discovering your “why” & taking ownership of your life, which are key ingredients to have a healthy and successful future. Nathan struggled in his middle - high school years and made some really bad decisions with drugs and alcohol. He just celebrated his 14th year of sobriety this July.

Nathan has been the leading voice on substance use, vaping, bullying, mental health, & suicide. He was asked to be the leading voice in a raw and intimate global documentary called **Connected the Dots** and has also been a guest on various radio, tv and social media outlets, and has been interviewed for numerous magazines and newspaper articles.

Registration Options:

Register online at <https://bit.ly/OakFit-ConfrontingYou>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

