



FROM VALUES TO ACTIONS: WORKING TOWARDS A PURPOSEFUL LIFE



**Are you looking to create a healthy family environment?
Do you want to align your actions with your values?**

Join us for our second CAN DO seminar with Dr. Michael Cheang! This session will explore:

- How our values drive our feelings, attitudes, actions and behaviors,
- How values are seldom clarified, if ever,
- How unclarified values may lead to misguided goals, and
- The disconnect between what we say we believe or care about, and what we do.



Dr. Michael Cheang

- Doctorate in Public Health
- 25+ years teaching Family Resource Management & Family Public Policy
- Partnered with county offices and non profits to provide training for those who work with our kupuna

**APRIL 2ND, 3 - 5 PM HST
ONLINE VIA ZOOM
FREE REGISTRATION
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