

Build Better Habits with Atomic Habits

Join us for an inspiring and interactive workshop based on the bestselling book *Atomic Habits* by James Clear. Discover how tiny changes can create remarkable results in your academics, career, and personal life.



Date: September 16, 2025



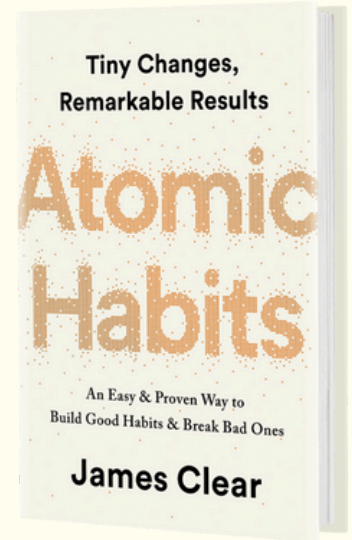
Time: 1:00 pm - 2:30 pm



Location: In Person: SSB 287

<https://bit.ly/atomichabits25>

Zoom: <https://bit.ly/44RnrP1>



What You'll Learn:

- ✓ How habits are formed and how to break bad ones
- ✓ Simple strategies to stay consistent and motivated
- ✓ Tools to help you reach your goals — one step at a time
- ✓ Real-life applications for student success

FREE book for the first 20 attendees in person!



@eopsecc

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