



LUNCH LEARN

Atomic Habits: Tiny Changes, Big Results

March 11

11:30 a.m. to 12:30 p.m.

HST, RM 430A

Sustaining self-discipline over time isn't easy. This session will explore practical, proven approaches to building positive habits and letting go of unhelpful ones, both as individuals and as teams.

This month, you're welcome to join us in person or attend virtually.

Can't attend in person?

[Register for the Webex session here.](#)