

Baylor University Lunch and Learn

Changing Cowpaths

We all have habits. We do things every day without thinking why or considering alternatives. Why is it so hard to break one habit and replace it with a new one, and what are the implications if we don't make changes?



Register Today! [Baylor.edu/compass](https://baylor.edu/compass)

DATE: June 26, 2018

TIME: 12pm – 1pm

LOCATION: HR Training Room in the Clifton Robinson Tower
(700 South University Parks Drive, Suite 200, Waco, TX 76706)

Lunch will be
provided.

Wellbeing Starts with Preventive Care

