

LET'S MAKE 2022 A STELLAR YEAR!!!

\* NEW YEAR'S \*  
\* RESOLUTIONS \*

- EAT BETTER/LOSE WEIGHT
- FIND EMPLOYMENT
- STOP SMOKING
- HEALTHIER COMMUNICATION  
WITH MY TEENS
- PREVENT PROBLEM GAMBLING

YCAP CAN HELP YOU WITH YOUR GOALS



Helping People.  
Changing Lives.

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