

Location:

The Davis Clinic
929-B Gessner Rd
Suite 106
Houston, Texas 77024

Contact:

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Time: 6:00 PM

4th Tuesday of every Month
(unless otherwise noted)

*Please note topics are subject to change

Date	Topic	Facilitator
1-24-12	OPEN your mind to what the New Year can be for you - bring your thoughts, goals, and dreams for discussion	Monica Agosta, Psy.D
2-28-12	Are you OPEN to changes in diet and activities? How to change your previous mindset and open yourself up to new things. Bring ideas or items to share.	Monica Agosta, PsyD
3-27-12	To tell or not to tell...How do you OPEN up to others about the changes you are making and respond to changes in your relationships?	Monica Agosta, Psy.D
4-24-12	OPEN discussion	Monica Agosta, Psy.D
5-22-12	OPEN up your schedule to include YOU! How to make time for self-care	Monica Agosta, Psy.D
6-26-12	Body image: Reaching acceptance and being OPEN to the body you have	Monica Agosta, Psy.D
7-24-12	OPEN discussion	Monica Agosta, Psy.D
8-28-12	TBA	Monica Agosta, Psy.D
9-25-12	OPEN your mind and clear out the negative thoughts that stand between you and your goals	Monica Agosta, Psy.D
10-23-12	OPEN yourself up to new holiday traditions and foods for success during the holidays	Monica Agosta, Psy.D
11-27-12	OPEN the best gift you can give yourself this holiday season - Respect for yourself and your body. How not to take these for granted...	Monica Agosta, Psy.D
December TBA	Holiday Party!	Monica Agosta, Psy.D