



CEA HOW WORKSHOP

6 KEYS

FOR A

Healthy & Happy

MAINTENANCE

A VIRTUAL WORKSHOP

Practical tools. Real connection. Lasting change.



SUNDAY
SEPTEMBER 13, 2026



1:00 – 3:00 PM
MST



LIVE ON ZOOM



VOLUNTARY
DONATION

\$10

KEYS 1 & 2

Mind & Body



Build habits that support emotional, spiritual, and physical wellness.

KEYS 3 & 4

Life Systems & Environment



Organize your life and surroundings to create systems that bring peace and clarity.

KEYS 5 & 6

Relationships & Personal Growth



Strengthen connections, set goals, embrace change, and grow into your best self.



3 SPEAKERS + HOST

- ✓ Interactive sessions
- ✓ Breakout discussions
- ✓ Reflection & real-life tools



120 MINUTES

- ✓ Engaging
- ✓ Interactive
- ✓ Transformative

VOLUNTARY CONTRIBUTION \$10



Your donation supports CEA HOW and helps us continue offering valuable resources and workshops. 

JOIN ON ZOOM

Click the link below to join the workshop



[Workshop Zoom Link](#)

Meeting ID: **845 4563 0384**

Password: **107360**

We can't wait to see you there!



Small habits. Big impact.
BUILDING HEALTHY FOUNDATIONS
FOR A HAPPY MAINTENANCE JOURNEY