

VIRTUAL **WELLNESS** **WEDNESDAYS**

In today's fast-paced world, taking time for yourself is crucial, and this workshop aims to guide you on a journey toward a healthier, balanced lifestyle.

10:00 A.M. - 11:00 A.M.

CLICK CLASS BELOW TO REGISTER



ATTEND THE 2024 FULL SPRING SERIES OR INDIVIDUAL CLASSES!

Week 1: BLOOD HEALTH BLUEPRINT (TROUBLESHOOT ANEMIA, LOW ENERGY LEVELS, AND SUSCEPTIBILITY TO INFECTIONS / BEST FOODS)

2/28/24

Week 2: HEART DISEASE: WHAT IS IT? RISK FACTORS, BLOOD TESTS, NATURAL REMEDIES

3/6/24

Week 3: HEART HEALTHY POSITIVE EATING PLAN, FASTING, EXERCISE TIPS

3/13/24

Week 4: ESTABLISHING A HEART HEALTHY LIFESTYLE SPIRIT, SOUL AND BODY

3/20/24