

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: HEALTHY FOOD BASICS, PORTION CONTROL, SIMPLE MEAL AND SNACK IDEAS, FOOD SWAPS

1/31/24

Week 2: 4-STEP DIET FIX AND CHEATING GUIDE

2/7/24

Week 3: FAT BURNING EXERCISE TIPS AND WORKOUT, LIFESTYLE, STRESS AND SLEEP TIPS

2/14/24

Week 4: DEVELOPING A SYSTEM FOR SUCCESS

2/21/24