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SEPTEMBER 8th 'VIRTUAL' MEETING



Embodying Calm Amidst COVID-19 Chaos

**Guest Speaker, Bara Sapir, MA, CHt, CNLP, MBSR-T. High Performance & Personal Empowerment Coach
*Holistic, Mindful Techniques for Uncertain Times.***

COVID-19 defines a transition point in our lives. It is a time of profound crisis and change, the largest we have faced collectively. It also presents an opportunity for us individually to

look inward at our thought patterns, beliefs, actions, and behaviors. We can take inventory on what will support us as we move through this uncertainty and even upgrade for a better version of our future selves.



VIRTUAL MEETING DETAILS

Click the button to secure your place on our free zoom video conference call. Andrea will confirm & email you the link to join. Please let her know if you need basic guidance using ZOOM.

AUGUST LECTURE VIDEO

'Weight Loss: Fact vs. Fiction'

Featuring

Dr. Amy Shouse, MS, LAc,
Acupuncture & Functional
Medicine

In this informative talk, Dr. Amy Shouse will discuss the all too pervasive myths floating around in the weight loss world.



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*iving, not striving, at
your ideal body weight!*

MEMBER SPECIALS



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