



WEBINAR

DE-STRESS THE HOLIDAYS

Simple Mind-Body Techniques,
So You Can Enjoy the Holidays
Without a Side of Guilt

Date: Wednesday, November 10, 2021
Time: 1:00 PM EST/ 12:00 PM CST



Want to feel your best this holiday season? **Join Wondr Health™ instructor and physical activity expert Renee Rogers, Ph.D., FACSM**, as she walks through simple, practical activities that will help you feel your best in both mind AND body ahead of the most *Wondrous* time of the year.

You'll learn:

- How to restore balance and calm through movement
- The importance of mind-body connection
- Tips to de-stress in the moment
- Stress management responses that will work for YOU

REGISTER



Wondr Health is an online program that teaches clinically-proven health habits that lead to less stress, better sleep, weight loss, and more - no restrictive diets, calorie-counting, or specialty foods required. With the Wondr Health program, you'll learn to change when and how you eat, not what you eat, so you can improve your physical and mental wellbeing while eating the foods you love.