



JANUARY JUMP-START YOUR WELLNESS

Take the weekly wellness video challenge to form healthy habits and attend the monthly webinar to increase your progress!

This Month's Webinar : The Mind/Body Reset

WEEK 1



GET HYDRATED

**A Hydrated Brain & Body Means
An Energized & Focused Day!**

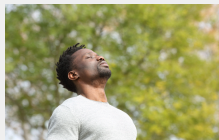
WEEK 2



IMPROVE POSTURE

**Stretches For A Straighter Spine
After Long Hours of Sitting!**

WEEK 3



BREATHE EASY

**The Fastest & Easiest Way To Relax
Anywhere & Anytime!**

WEEK 4



STRENGTHEN CORE

**Quickly Strengthen Your Lower-Back,
Reduce Pain, & Prevent Injuries!**