

Happy Healthy New Year

Embrace the New Year with our online nutrition class series! Each session focuses on practical strategies to enhance your well-being, from setting achievable health goals to boosting your immunity through nutrition. Join us on this journey toward a healthier, happier you in 2025!

Friday, Jan 3rd at 12pm

PRIORITIZING YOUR HEALTH GOALS

Whether you're seeking inspiration or already have a big goal in mind, this workshop-style class will help you define your vision of health and success and then develop an action plan to reach it. Join us to learn how to prioritize your goals and create a sustainable plan for achieving them.

Friday, Jan 10th at 12pm

EASILY ACTIVE with a live workout

Want to get your heart pumping and start improving your health, mood, metabolism, and longevity? Look no further! In the first half hour, we'll cover how to integrate balanced and consistent activity into your life – once and for all! The second half hour will be a live workout, putting our knowledge into practice. Suitable for all activity levels.

Friday, Jan 17th at 12pm

THE ANATOMY OF HABIT FORMATION

It has been said that "we are what we repeatedly do." Developing positive habits is crucial for long-term success. But anyone who has set a New Year's Resolution knows just how hard it can be to establish a new habit. Join us to learn how to establish habits that last, allowing you to achieve your goals and become the healthy person you envision.

Friday, Jan 24th at 12pm

IMPROVING IMMUNITY

Our immune system does a marvelous job defending us against viruses and bacteria, but to function well, it needs balance and harmony. We will focus on specific vitamins and minerals that play a big role in immunity and additional nutrition strategies that keep our immune systems running smoothly. Join us to learn proactive tips on what you can do to build up a strong and healthy immune system!

REGISTRATION LINK

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