

321 N CLARK VIRTUAL WELLNESS FAIR

JANUARY 21, 2021

Complimentary to tenants

Gift cards will be raffled off for those who attended the most events!

8-8:30am: Breathwork & Meditation to begin your day

[Register for Breathwork & Meditation HERE](#)

9-9:30am: Self Care while WFH with Kelly

In this webinar you will figure out tips and tricks to building a routine, how to use mindfulness, build your own workout, and creating accountability & motivation tricks.

[Register for Self Care HERE](#)

10-10:30am: Anxiety Management

Anxiety is on the rise all over the country, stem the tide of anxiety in your life, family, business by learning anxiety management from Dr. Sasseti. He offers only the most reliable, accessible and effective strategies.

[Register for Anxiety Management HERE](#)

12:15-12:45pm: Cardio Bootcamp with Theo & Kelly

Let's get up and MOVE with Theo and Kelly! Enjoy a quick 30 minute workout that you can do in your own space and no equipment necessary! For all levels of fitness!

[Register for Bootcamp HERE](#)

1-1:45pm: Dietitian Lead Event - Getting the New Year Started on the Right Foot

In this webinar we'll discuss goal setting, building realistic lifestyle changes, and focusing on wellness specific goals including nutrition, fitness, and sleep. Join us to set yourself up for success in 2021!

[Register for Dietitian Event HERE](#)

2-2:30pm: Accelerate the Mojo

This simple 7 step formula proven to ignite your intuition so you always know what your next best step is and feel confident making it. It's a sustainable way to swap fear and anxiety for ease and excitement in life.

[Register for Accelerate Mojo HERE](#)

3-3:30pm: Sleep Wellness with Eden Health

Eden Health will cover everything you need to know about getting a good night's sleep - from which sleep positions are best to tips on sleeping well during the COVID-19 pandemic.

[Register for Sleep Wellness HERE](#)

Questions? Email teconomos@lifestart.net

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<https://us02web.zoom.us/join/zoom-join?meeting=7ZlSduGhpj4iGtdesM414uCQAcMCRWMaHgqx>

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