

Offer the gift of wellness to your company or organization by scheduling monthly wellness workshops! Contact Traci at Renewable Health to reserve your day and time in 2020!

### 2020 Wellness Workshop Schedule

JANUARY:	O2B Sugar Free: <i>Dissolving Sugar Cravings</i>
FEBRUARY:	Heart Health: <i>Nourishing the Beat of Life</i>
MARCH:	Weigh Less-Live More: <i>Overcoming the Weight Gain "Pit of Despair"</i>
APRIL:	Eating 4 Energy: <i>Super foods for Super Energy</i>
MAY:	Recipe for Strong Bones: <i>Growing a Skeleton that Lasts</i>
JUNE:	Brain Power: <i>Renewing Your Mind</i>
JULY:	Inflammation: <i>Evading the Silent Killer</i>
AUGUST:	Dynamic Digestion: <i>Building Better Belly Health</i>
SEPTEMBER:	Renewable Beauty: <i>Living Chemical Free Inside &amp; Out</i>
OCTOBER:	Aging with Grace: <i>The Keys to Living Happily Ever After</i>
NOVEMBER:	Dodging Diabetes: <i>Building Blocks for Balancing Blood Sugar</i>
DECEMBER:	Renewable Sleep: <i>Putting Sleeplessness to Rest</i>

**Instructor:** Traci Woodcock / *Nutritional therapist, Holistic Health Coach*

Renewable Health Wellness Workshops fit in a one hour block of time and include:

- Power Point Presentation
- Notes & Take Home Resources
- Q & A

RH Wellness Workshops are interactive, educational, and fun. Each workshop is designed to equip participants with simple and doable steps that can move them closer to their wellness goals. By providing wellness workshops each month, your organization has the potential to build a community of wellness that encourages vitality and energy throughout the year.

Email Traci at Renewable Health Consulting for a cost analysis that fits the size, location, and budget of your company or organization.

Traci Woodcock

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