



BACK TO BASICS

6-WEEK WHOLE HEALTH COURSE

In this digital age when we have an abundance of health information available at our fingertips, health “basics” often don’t seem basic at all! Join us for this 6 session “Back to Basics” webinar series to solidify your knowledge of “the basics” on nutrition, fitness, and self-care. You’ll also take away practical tips and tricks to implement “the basics” into your everyday life!

TUESDAYS, 4:30-5:30 PM CST
VIRTUAL TRAINING VIA TEAMS

OCTOBER 10 & 17 - FITNESS BASICS WITH COACH MICHELLE
OCTOBER 24 & NOV 7 - NUTRITION BASICS WITH COACH TRACIE
NOVEMBER 14 & 21 - SELF-CARE BASICS WITH COACH LAURA

Use this [link](#) to
join the webinar
series - attend
one session or
all!

ALLONE
HEALTH