

Holistic Health Reboot:

A Comprehensive Wellness Group Coaching Series

Only 16 seats per session
Reserve yours today!

Group Health Coaching
Facilitated by Michelle Cardimen
RN, BSN, NBC-HWC, AFMC



Located at
The Health Club Taproom & Cafe
6420 Cornell Avenue Indianapolis, IN 46220

When:
2nd Tuesday of each month from 7-8 PM EST

*See calendar for details

Sponsored in partnership by

the health club



2024 Calendar of Events

Date	Topic	What You'll Learn
August 13, 2024	Sleep Well, Live Well: Mastering Healthy Rest	Learn practical techniques to improve your sleep hygiene, establish a relaxing bedtime routine, and understand the science behind healthy sleep cycles. By mastering these strategies, you will enhance your overall well-being, boost your daytime energy, and promote long-term health.
September 10, 2024	Calm and Collected: Mastering Daily Stress Reduction	Discover effective methods for managing and reducing stress in your daily life. Explore mindfulness practices, breathing exercises, and other stress-relief techniques that can be easily integrated into your routine. By mastering these skills, you will improve your mental clarity, emotional resilience, and overall quality of life.
October 8, 2024	Festive Mindfulness: Cultivating Calm in the Chaos	Join our special pre-holiday mindfulness and self-care session to implement practical mindfulness techniques to manage stress, cultivate inner peace, and enhance your overall well-being. Learn to navigate the holiday season with calm and clarity, ensuring you enjoy every moment without feeling overwhelmed.
November 12, 2024	Detox Dynamics: Boosting Your Body's Natural Processes	Uncover the best ways to support and enhance your body's natural detoxification systems. Learn about nutrient-rich foods, hydration strategies, and lifestyle changes that promote effective detoxification. By implementing these practices, you will improve your energy levels, support your immune system, and achieve a greater sense of overall well-being. Explore the concept of daily detoxification mechanisms in the body, its importance for overall health, and tips for supporting liver function through healthy lifestyle choices.
December 10, 2024	Gut Genius: Healing and Health from Within	Explore the vital role of gut health in overall well-being. Learn about common gut-related issues such as leaky gut syndrome and irritable bowel syndrome (IBS), and discover effective strategies to address these conditions. Through dietary adjustments, lifestyle changes, and targeted supplements, you will gain the tools to improve your digestive health, enhance nutrient absorption, and boost your immune system. Embrace a healthier gut and transform your overall health from the inside out.

2025 Calendar of Events

Date	Topic	What You'll Learn
January 14, 2025	Mindful Momentum: Carrying Peace into the New Year	Learn powerful mindfulness techniques to cultivate lasting inner peace and resilience. This session will guide you in developing a consistent mindfulness practice that you can carry into the New Year, helping you navigate life's challenges with calm and clarity. Embrace 2025 with a tranquil mind and a renewed sense of well-being, equipped with the tools to maintain peace and balance throughout the year.
February 11, 2025	Squelching Inflammation: Mastering Anti-Inflammatory Practices	Discover the profound impact of chronic inflammation on your health and wellness. Understand how inflammation contributes to various health issues, including blood glucose imbalances and chronic diseases. Learn effective strategies to reduce inflammation through an anti-inflammatory diet, lifestyle changes, and minimizing environmental triggers. By mastering these practices, you will improve your overall health, enhance your energy levels, and promote long-term well-being.
March 11, 2025	Immune Mastery: Strengthening Your Body's Shield	Learn how to implement innovative strategies for keeping your immune system robust, especially during the challenging winter months. Learn about the intricate workings of the immune system, and gain insights into managing and understanding autoimmune diseases. Explore practical ways to enhance your immune function through nutrition, lifestyle changes, and stress management. By mastering these techniques, you will maximize your health, improve your resilience against illnesses, and maintain a strong immune defense all year round.
April 8, 2025	Hormone Harmony: Balancing Your Body's Chemistry	Understand the crucial role hormones play in your overall well-being. Learn about common hormonal imbalances involving cortisol, insulin, and thyroid hormones, and how they can affect your health. Discover effective strategies to maintain hormonal balance through diet, lifestyle adjustments, and stress management techniques. By mastering these approaches, you will enhance your energy levels, improve your mood, and achieve optimal health.
May, etc...	*more to come...	Stay tuned!