

Community Events



EXCEPTIONAL
WELLNESS



2024

**JAN
10**
virtual

TOXIN-FREE ZONE

Discover strategies for reducing toxin exposure, adopting a healthier lifestyle, and enhancing overall well-being by diminishing dependence on medications and alcohol.

**FEB
07**

FUEL YOUR FIRE

Discover strategies for optimizing protein intake, incorporating nutrient-rich vegetables and healthy fats, and staying hydrated with mineral water for improved health and vitality.

**MAR
06**

MOVE & THRIVE

Discover how to create a personalized exercise routine, incorporate daily movement and resistance training, and use the WHOOP app to enhance your physical fitness and well-being.

**APR
03**

RISE WITH FRIENDS

Understand the power of supportive relationships, connecting with inspiring individuals, and embracing playfulness and laughter for healing and happiness.

For more information:



EXCEPTIONALWELLNESS.
CO/EVENTS

Educate. Equip. Empower.