

# GO RED 365 WELLNESS SERIES

Your heart deserves it!



TERRI "WELLNESS COACH" JACKSON, FOUNDER

- FEBRUARY 6 -

**Know Your Numbers**

- FEBRUARY 13 -

**Salad In A Jar**

- FEBRUARY 20 -

**LOVE Your Brain Health**

**- the Control Center**

- FEBRUARY 27 -

**Seven Healthy Habits Of Wellness**

Join us THURSDAYS @ 9PM EASTERN

TEXT HEART to 8443949545  
FOR PARTICIPATION INFORMATION

"As a Wellness Coach, my passion is to educate the community on every aspect of the wellness wheel. Personally, when I released 39 pounds and began my journey of reaching and maintaining a healthy blood pressure of 112/72 (down from 155/100), I became even more excited to educate others about the benefits of the Peak Performance Pack!"



**SISTERS 4 SELFCARE  
OVERCOMING...**

DEPRESSION  
DIVORCE  
DIS-EASE  
DOMESTIC VIOLENCE

**GO RED 365 DAYS OF THE YEAR!**

Every 34 seconds a person dies from heart disease. It is our mission to empower people in honoring their self-worth and valuing their self-care. As a movement, we are committed to bringing value to the masses of people and saving a life every 34 seconds of every day. Join the movement. Go Red 365.

**SISTERS4SELFCARE.COM/GORED365**