



>>>>> **Holistic Health Education** <<<<<<
 With Living Wellness & Guests

MONTHLY HEALTH MEETINGS

Understanding why holistic health education is essential to making informed decisions about our health. That's why Living Wellness offers a range of online and in-person classes designed to pique your interest in the pursuit of optimal health. Expect holistic health experts to share their lifelong quest for greater knowledge in the field of real health, both in body and mind.

✓ **Supplements**

✓ **Sleep**

✓ **Hormones**

✓ **Water**

✓ **Inflammation**

✓ **More!**

✓ **Nutrition**

✓ **Herbs**

✓ **Detoxification**

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