



BESTHealth BestY♡U

February's Focus

Empower yourself with the tools you need to enhance your self-care and make healthier choices every day.

Join us every Tuesday via Microsoft Teams for 30-minute sessions at 7:30 a.m. or 12 p.m.

Finding your....

Purpose: February 4

Inner Peace: February 11

Strength: February 18

Joy: February 25

DAY/TIMES:
Tuesdays at 7:30 a.m. and 12 p.m.

Attend all 4 sessions for a chance to win a \$100 in the AwardCo gift card mall!

READY TO ENROLL?

Spaces are limited. [Click here](#) or scan the QR code to enroll today!



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