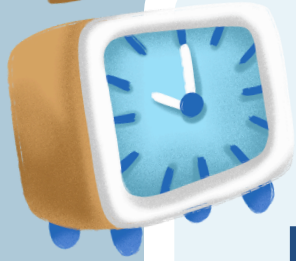


Zzz...



BESTHealth

FLOURISH

A 12-Week Journey to Full-Body Wellness

Ready to feel stronger, healthier, and more energized? Flourish is a 12-week interactive program built around six key foundations of wellness—designed to help you create lasting habits that support every part of your health.

Throughout the program, you'll:

- Reflect on weekly goals
- Track your progress in your personal Flourish guidebook
- Build real-life skills to support lasting change

By the end of the journey, you'll walk away with:

- A better understanding of healthy eating and physical activity
- Simple tips to meet your hydration needs
- Actionable tools for stress management
- A renewed focus on sleep and recovery
- Ways to strengthen connection and community



Program runs August 10 – October 29 | Deadline to register: 12 p.m. Thursday, August 6

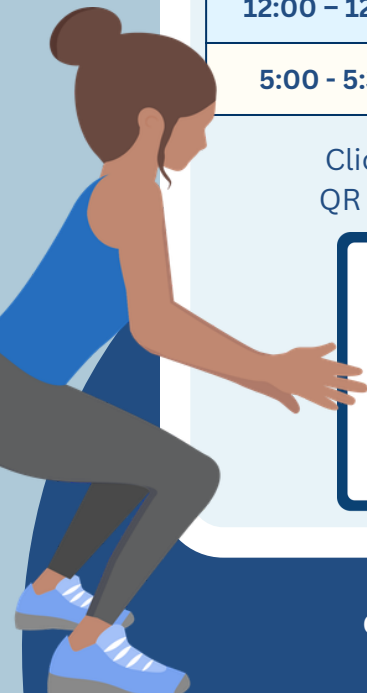
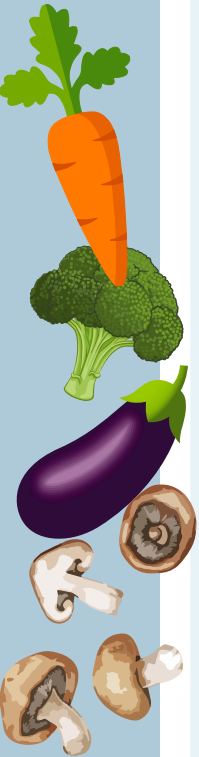
Time	Mon.	Tues.	Wed.	Thurs.
7:30 – 8:00 am	Kim	Kim	Hannah	Ariel
12:00 – 12:30 pm	Ariel	Ryan	Amber	Patrick
5:00 - 5:30 pm	Patrick	Amber	Ryan	

Click [here](#) or scan the QR code to **REGISTER!**



Whether you're managing chronic fatigue, looking to boost your energy, or aiming to lose weight, Flourish can help you feel your best—from the inside out.

With 40+ delicious recipes, helpful resources, and weekly encouragement, you'll have everything you need to **Grow Strong and Live Well.**



Funded by a grant from the Baptist Memorial Health Care Foundation.

Contact BestHealth at 901-227-2378 (BEST) or BestHealth@bmhcc.org