



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 January 12 – April 2 | Deadline to register: 12 p.m. Thursday, January 8

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

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.**

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



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

