



BESTHealth

Navigating **NOVEMBER**

BestYOU

*Get the tools you need to take care of yourself better and
make healthy choices daily.*



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



November 5: *Fresh Start: Forgiveness & Restoration*

November 12: *Fall Embrace: Changes Through the Season*

November 19: *Gratitude Glow: Thankful, Grateful, and Blessed*

November 26: *Holiday Harmony: Thriving Through the Holidays*

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

READY TO ENROLL?

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



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