PRACTICE A HOLISTIC APPROACH TO HEALTH AND WELLNESS, LOOKING AT HOW ALL AREAS OF YOUR LIFE ARE CONNECTED AND AFFECT HEALTH AS A WHOLE. HER APPROACH IS NOT TO DWELL ON CALORIES, CARBS, FATS, AND PROTEINS, OR TO CREATE LISTS OF RESTRICTIONS, BUT RATHER, TO HELP OTHERS CREATE LONG-LASTING CHANGE FOR A HAPPY, HEALTHY LIFE - IN A WAY THAT IS FLEXIBLE, FUN AND REWARDING.

- Eat for a healthy body and lose weight
- Exercise for the greatest health benefits
- Unhook reluctance & shed unhealthy habits
- Start the creation of a new, lasting, healthy lifestyle
- Change your brain to empower lasting healthy habits

This course is being offered to Blomquist Hale benefited employees at no cost.

FEATURED PRESENTER

SINEAD URWIN, MA, AADP, NASM, IAHC, IIN

Get access to the most current knowledge in the fields of brain science, psychology, nutrition, and exercise to help participants create lifelong habits for a healthy life. Learn from experienced mental health counselors, nutritionists, and exercise professionals.

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