

8 Weeks To Optimal Wellness

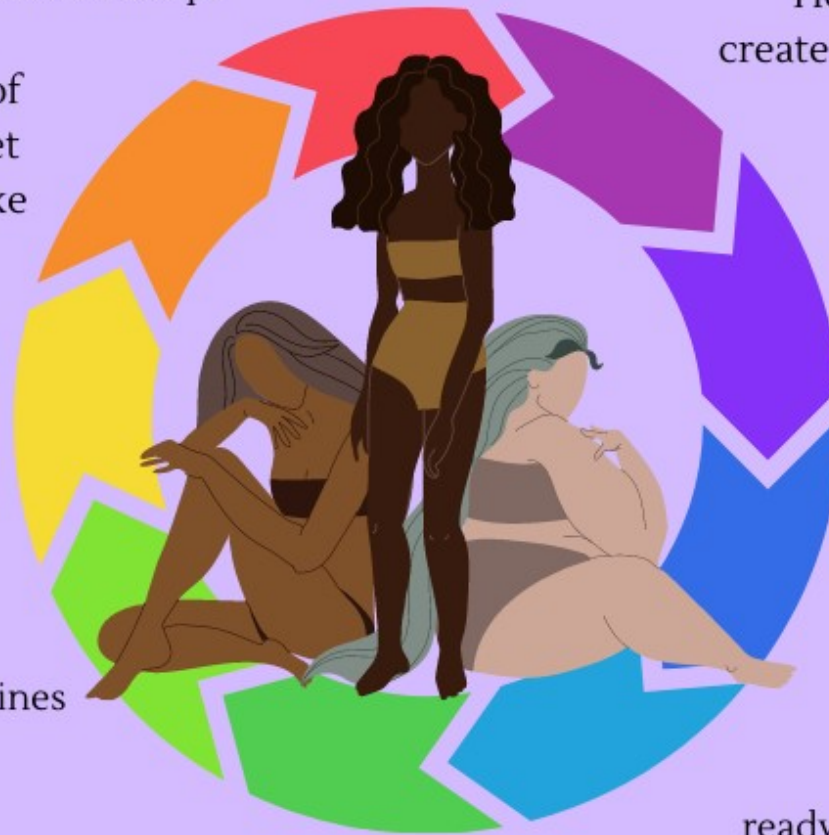
Looking for support in your wellness journey?

Sisters, Mothers, and Daughters in Silver Spring Maryland, we have a free workshop, just for you!

Come gather in a community of like minded individuals, and get the support you need to feel like you're best self.

What You'll Get

- Recipes
- Mental and Spiritual wellness boosting activities
- Dietary recommendations
- Supplement Suggestions
- Movement and exercise routines
- And more health tips



We have a Black female Integrative Health here to help you set goals, create action plans, and offer support as you take steps closer to overall wellness.

How it Will Go

Each week we'll have a focused theme to follow and get you excited around various areas of wellness. We'll check-in daily online., And meet once a week, in person to engage in workshops, projects, and community. Get ready to find healing in all that we do!

***When and where
do we start?***

Cohort 1
TUESDAY'S IN PERSON
JANUARY 8TH - MARCH 4TH

For more information visit

<https://8WeeksToOptimalWellness.eventbrite.com>