



A DEEP-DIVE WORKSHOP~

# How to Conquer Hunger, Cravings & Stress WITHOUT Deprivation

AN INTERACTIVE VIRTUAL EVENT LED BY WELLNESS & NUTRITION EXPERTS: DR. BETTY WANG, OF THE BODY AND WELLNESS PROGRAM AT BW PRIMARY CARE & MEGAN COREY, HABIT TRANSFORMATION, WELLNESS, LIFESTYLE COACH.

**DATE:** SATURDAY, DECEMBER 12, 2020

**TIME:** 1:00PM - 4:00PM EST


**COST:** PATIENTS OF BW PRIMARY CARE, SIGN UP DIRECTLY WITH RHIANNON @

[BWBODYANDWELLESSEVENTS@GMAIL.COM](mailto:BWBODYANDWELLESSEVENTS@GMAIL.COM)

OR CALL 410-552-5050 EXT 134

ALL OTHERS ARE WELCOME W/ PAYMENT OF

\$80, SIGN UP HERE: [HTTPS://MEGAN-COREY.MYKAJABI.COM/OFFERS/9IJCRVIN](https://megan-corey.mykajabi.com/offers/9IJCRVIN)



KEY WAYS TO DECREASE HUNGER & CRAVINGS, NO MATTER THE EVENT, HOLIDAY OR TIME OF DAY & HOW TO MANAGE STRESS ANYTIME OF THE YEAR TO ALLOW YOU TO BE MORE CALM, MINDFUL AND HAPPY.

RECOMMENDATIONS & REALISTIC TIPS ON HOW TO BANISH HUNGER CRAVING, FIND MORE CALM & HAPPINESS IN EVERY AREA OF YOUR LIFE & INSPIRATION TO TAKE ACTION SETTING REALISTIC GOALS W/SUPPORT FROM AN ENCOURAGING COMMUNITY.

EXPECT CONNECTION, INSPIRATION AND ACTION. TALK AND CONNECT WITH OTHERS AS WELL AS HEAR FROM EXPERTS LEADING TRANSFORMATIONAL SESSIONS. ENJOY AN ALL-LEVELS YOGA SESSION TO REALLY GET YOU CENTERED, CALM AND RELAXED TO TAKE IT ALL IN AND BE READY TO TAKE ACTION.