

A DEEP-DIVE WELLNESS WORKSHOP

SIMPLE HACKS FOR 2021 TO BE YOUR BEST YEAR EVER!

**Habit Changing Tactics around Food Decisions
Formulating your WHY
Action/Commitment/Vision Planning**

WHERE: VIRTUAL

WHEN: SATURDAY, JANUARY 23, 2021

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

Patients of BWPC Sign up w/ Rhiannon by Jan. 20th

410-552-5050 EXT 134 or

BWBODYANDWELLNESSEVENTS@GMAIL.COM

All others email megan@megancorey.com

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