



BEAUTY FOR BROKEN

WELLNESS

2022-2023 Wellness Webinar Schedule

September: “Hazards and Hacks: An Overview of Hormone Health” w/ Ricardo Boye, ND of Blue Hills Natural Health, LLC

October: “The Role of Chiropractic Care in Holistic Wellness”, Dr. Jeremy Bruce, Bruce Chiropractic

November: “The Truth About Immune Function” w/ Dr. Jennifer Gramith, Rightway Health and Wellness

December: “Nurturing the Microbiome: Why GI Health Matters”, Nurse Practitioner, Jennie Wiegand, The Crunchy NP

January: “Emotional Intelligence and How It Impacts Our Well-Being” w/ Behavioral Specialist and Consultant, Pat Jenkins, Compassionate Connections

February: A Personal Identity and Temperament Overview: Tapping Into Our Strengths w/ Certified Coach, Julie Miles and Polly Geng

March: The Impact of Stress on our Overall Wellness w/ Board-Certified Counselor and Wellness Coach, Kristen Shoemaker

April: Alternative Therapies and Testing for Optimum Health, Longevity Health Center

May: The Mastery of Brain Health w/ Dr. Rusty Turner, Neurologist, Network Neurology Health, Inc.

June: Detoxifying Your Life: Body, Mind and Home w/ Nurse Practitioner, Jennie Wiegand and Julie Miles, CPHC

July: TBA

August: Time Management: Intentional Living to Maximize Margin and Peace (TBA)

****Each webinar is pre-recorded and will be virtually distributed to members on the 1st week of each month and will include practical coaching application by Certified Coach Julie Miles.***