

# A WEEK OF *Wellness*

**AUGUST 11<sup>TH</sup> - 14<sup>TH</sup>, 2025**

Join us for wellness week, four enriching days in August dedicated to supporting your well-being! Discover a series of inspiring programs designed to help you cultivate your best self and embrace a healthier, more vibrant lifestyle.

## **SPEAKER SERIES | 1:30PM DAILY**

**AUGUST 11** Donna Sue Weaver | **Essential Oils Presentation**

**AUGUST 12** Pat Grissom | **Neurographic Therapeutic Session**

**AUGUST 13** Brittany Mariscal, *Director of Fitness* | **Protein Presentation**

**AUGUST 14** Kathie Fuller | **Sound Bath Session** *Doors will close promptly at 1:30PM*

## **EMBRACE YOUR WELLNESS JOURNEY**

RSVP Required by August 8<sup>th</sup> | 737.221.3575



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