



Brighter Days, Better You

4-Week July Summer Program





This summer wellness series is focused on simple, realistic habits to boost energy, balance, and wellbeing. Each week includes an engaging webinar and practical cooking demo covering topics like sleep, hydration, movement, nutrition, and healthy routines to help participants feel their best all summer long.

Program Format (60 minutes each week)

- 30-minute webinar – practical energy optimization strategies
- 30-minute cooking demo – energy optimization recipes

Themes build each week: Energy → Burnout → Routine → Movement

Events take place Mondays at 12:00 PM and Fridays at 12:00 PM, all Eastern Standard Time (EST). Anyone who registers will receive the recording.

 ENERGY	 BURNOUT	 ROUTINE	 MOVEMENT
<p>Week 1: Align with Summer Energy</p> <p>Webinar: Rise with the Rhythm: Sunlight, Sleep & Energy</p> <p>Cooking Demo: Fresh & Light; Summer Meals That Feel Good</p>	<p>Week 2: Beat the Burnout</p> <p>Webinar: Hydrated & Thriving: Summer Energy from the Inside Out</p> <p>Cooking Demo: Hydration You Can Eat</p>	<p>Week 3: Wellness in Real Life - Travel, Routine & Balance</p> <p>Webinar: Healthy Habits On the Go</p> <p>Cooking Demo: Meals on the Move</p>	<p>Week 4: Move Well All Summer - Stay Active & Injury-Free</p> <p>Webinar: Move More, Hurt Less</p> <p>Cooking Demo: Anti-Inflammatory Summer Meals</p>

Program Features

- Practical tools for optimizing summer's natural benefits
- Optimizing energy recipes & nutrition education
- Downloadable resources and recipe handouts
- Interactive polls and live Q&A
- Recorded sessions available for those who register

Participant Activity:

Monthly Food & Energy Journal to track nutrition, energy, and well-being optimization

Total cost : \$1,500

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