

# HABIT CHANGERS 2022

## RESPIRATORY RESILIENCE

### TOPICS

- Facts on Respiratory Resilience
- JP+ Capsules, Complete Shakes & Bars
- Immune Studies Video
- Toxins (NSF)



**DEC 07, 2022**  
**9AM CST/10AM EST**  
**6PM CST/7PM EST**  
**ZOOM ID 847-985-1200**



**JOIN US The 1st Wednesday of every Month**

**Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist  
& Reiki Master**

**Marilyn Wright , Wellness Advisor & Jodi Kindle, Health Coach**

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