

HABIT CHANGERS 2022

SURGE YOUR ENERGY

MAUREEN FALLIS, PRIVATE YOGA COACH & MENTOR.

FORMER FOUNDER & DIRECTOR OF SURROUND CIRCLE YOGA ~ KRIPALU YOGA TEACHER & INNER JOURNEY MENTOR

MY MISSION IS TO SUPPORT INDIVIDUALS GOING THROUGH CHALLENGING TIMES EMBRACE THEIR VULNERABILITY, ACKNOWLEDGE THEIR FEARS, AND COURAGEOUSLY EXPLORE THEIR OPTIONS

TOPICS

- ADRENALS
- JP+ Complete Shakes & Bars
- Surge your Energy with Yoga
- Water Challenge

MARCH 02, 2022

9AM CST/10AM

6PM CST/7PM EST

ZOOM ID 847-985-1200

GUEST SPEAKER

MAUREEN FALLIS



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 & Masseuse

RSVP TO Valerie Sayre & NCB: 847-985-1200

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