

Fabulous Forever

All About Women - 4 Week Workshop



Led by Certified Health Coach MIRABAI HOLLAND

Join this interactive health education & coaching series designed to empower women to take charge of their health and longevity!

What You'll Learn:

- Weekly videos + live Zoom seminar with Q&A
- A welcome email will be sent prior to 1st workshop date providing the ZOOM link and any needed materials.
- YourChoice Medical Plan members are encouraged to pair their Give Me 5 health coaching sessions during or following this workshop.
- A certificate of completion will be awarded to all employees who complete the workshop.

TUESDAYS



Spring Workshop:

4/7, 4/14, 4/21, 4/28

Summer Workshop:

7/7, 7/14, 7/21, 7/28

Fall Workshop:

10/13, 10/20, 10/27, 11/3



TIME

12-1pm



ZOOM

Register Here

SCAN ME



For BOCC Employees Only: This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.