

# Take Charge: Men's Health Made Practical



Led by Wellness Journeys



**Date**

June 4<sup>th</sup> or June 9<sup>th</sup>



**Time**

12pm



**Location**

ZOOM

Whether you're behind a desk or out in the field— This class is designed for busy men who want practical, no-nonsense ways to protect their health and stay at the top of their game. Don't wait for health issues to arise, in this class you will learn:

- **Heart health & weight management**
- **Prostate health made simple**
- **How to prevent what's preventable**

**REGISTER HERE**



Walk away with simple, doable strategies to take charge of your health without adding more stress to your day and keep you working, living, and feeling your best.

