

NEW YEAR'S *REVOLUTION*

Health Talks:

THURSDAY, JANUARY 4 | 6PM &
TUESDAY, JANUARY 9 | 5:30PM

SUGAR DETOX

ERICA WEINANDY, RD

THURSDAY, JANUARY 11 | NOON & 6PM

MOVEMENT

THURSDAY, JANUARY 18 | 6 & 7PM

SLEEP

DR. HUBER, PCP

CARLY KAUFMAN, CPT & (NOON)

TODD STEINER CPT (6PM)

THURSDAY, JANUARY 25 | NOON & 6PM

SELF CARE

KRIS OHLSON, WELLNESS COACH

Health Talks are held at
Beacon Health & Fitness — Granger.

For additional Health Talks, or more information
about New Year's Revolution, or to watch these
Health Talk videos, visit beacon.health/revolution

