



Free 6-Part Webinar Series for All Community Members

THE WELLNESS INITIATIVE: NUTRITION, MOVEMENT & SELF-CARE

Mondays, March 1 to April 5 | 7-8 PM

*With special guests, Ginette Pierunek, R.H.N. and Janice Tremblay, B.S.Sc., E.C.E, R.H.N.,
founders of Full Bodied Nutrition Inc*

Join us to discover healthy lifestyle strategies and self-care practices that will help you reach your wellness goals. The weekly get-togethers will include fun and supportive strategies around healthy food preparation and menu planning, mindfulness and moderation, metabolism and energy balance, emotional wellness and mindset, stress and self-care, as well as gut-health and immune support.

To register for this 6-part series on Zoom and for help connecting online,
please contact us at 819-557-0615 or info@centreconnexions.org



A special thank you to
Janice and Ginette from
Full Bodied Nutrition Inc

Centre intégré
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