

# Seasonal Seminar Series

Thursdays in November  
11:30-11:55am

(11/7, 11/14, 11/21, No Class on Thanksgiving 11/28)

[CLICK TO ADD TO CALENDAR](#)

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THURSDAY, NOVEMBER 7TH, 11:30-11:55AM

## FITTING IN FITNESS

Has exercise fallen to the bottom of your priority list? Get expert advice on how to create a flexible plan to integrate more physical activity into your daily life.

THURSDAY, NOVEMBER 14TH, 11:30-11:55AM

## HOW TO MAKE THE MOST OF YOUR MORNING

Learn how to master your mornings and make the most of your days. Walk away with simple, tangible, and highly effective tools to make the most of your day. Your mind, body, and spirit will be aligned and ready to thrive the very next day!

THURSDAY, NOVEMBER 21ST, 11:30-11:55AM

## HORMONE HEALTH FOR WOMEN

Led by a Women's Health Coach, learn how hormones influence your day-to-day life and how to work with them to feel happier, confident, and energized.

