

# BH HEALTH & WELLNESS

## ONLINE GROUP

## Monthly **ONLINE** Support Group!

Join our online health and wellness monthly group! You will learn about eating habits, fitness, and brain science behind staying healthy. Topics each month will adjust based on the requests and needs of the participants.

Not only will this time be used for learning, but also support. It's important to have a solid support group around you when starting your healthy lifestyle change.

This course is being offered to Blomquist Hale benefited employees at **no cost**.

### FEATURED PRESENTER

**SINEAD URWIN, MA, AADP**

practices a holistic approach to health and wellness, looking at how all areas of your life are connected and affect health as a whole. Her approach is not to dwell on calories, carbs, fats, and proteins, or to create lists of restrictions, but rather, to help others create long-lasting change for a happy, healthy life - in a way that is flexible, fun and rewarding.



3RD THURSDAY OF EVERY MONTH

**May 16th**

**11:00 a.m. - 12:00 p.m. MST**

**Event Location:  
Online!**

Once registered, you will receive a link to the online group login.

Call **801-262-9619** or visit

**<https://blomquisthale.com/workshops.html>** to reserve a seat!