

PRIZE DRAWING INCLUDED

Nourish Your Body, Transform Your Health

◆ **Wellbeats**

Wellness



Are you ready to transform your health with supportive foods?

You're invited to join the two-week **Supportive Foods mini-series** led by functional nutritionist Christina Sandok. In this program, we'll explore a variety of supportive foods, share delicious and nourishing meal ideas, and provide downloadable recipes for you to try at home.

Learn about supportive foods that can impact all areas of health, including: **digestion, immunity, metabolism, mental focus, sleep, and skin.**

How to Join the Program

In your Wellbeats *Wellness* account, go to **Programs** and select **Supportive Foods** to join the program.

Complete the
Supportive Foods
Program by March 31
and you'll be entered
in a drawing for a
chance to win a
Wellbeats *Wellness*
accessories gift card.



Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com