

The Wellness Spectrum:

Exploring the Science Behind Mainstream & Alternative Practices



With the abundance of health and wellness advice out there, from fad diets to miracle supplements, it's easy to get swept up in the latest trends promising miraculous results. Not everything you hear is backed by science.

Drinking lemon water detoxifies your body.

Carbs are bad for you and should be avoided to lose weight!

Spiritual wellness means always being happy.

Job satisfaction comes from doing what you love.

Only large-scale actions can make a significant environmental impact!

Social media enhances social connections.

How do you know what's credible and what's just hype?

Join us on July 31st, 2024 from 12-12:30 PM EST as we debunk these wellness myths and reveal the facts, empowering you to make informed decisions about your health and well-being! [Click here](#) or scan the QR code to sign up now!

