

KAPNICK STRIVE MARCH WEBINAR

RELATIONSHIP WITH FOOD

A good relationship with food involves having unconditional permission to eat the foods that make you feel good physically and mentally. To learn more, tune into our monthly Strive webinar.

Date: Wednesday, March 29, 2023 **Time:** Noon - 12:30 pm EST

Location: For Microsoft Teams login info, please register or scan the QR code below.

<https://info.kapnick.com/strive-library>

