

HEALTH TUNE-UP: ESSENTIAL MAINTENANCE FOR PEAK PERFORMANCE



Regular well-visits, preventative screenings, and vaccinations can help reduce the risk of disease, catch potential health problems, and allow for earlier treatment.

Join Kapnick's webinar to understand essential practices in nutrition, exercise, disease prevention, and stress management to help you stay at your best every day. Learn key strategies for achieving and maintaining optimal health and performance.



Wednesday, May 28th



12:00-12:30 P.M. EST



Scan to Register!

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