



Resilience in the Season of Colds & Flu: *Developing Healthy Habits*

Shorter days, colder weather, and more time indoors can make it harder for our immune systems to stay strong during the fall and winter. By making intentional nutrition and lifestyle choices, we can give our immune system the support it needs!

Join Kapnick Strive's webinar to *dive deeper* into wellness strategies to help you *glide through* flu season as healthy as possible.



Wednesday, November 20th



12:00-12:30 PM EST



Scan to Register!

Or visit info.kapnick.com/strive-monthly-webinars