2023 Winter Education Series Recordings

January 12: ‘Power to Be’ in 2023
Class Resources: Facebook Giveaway

January 19: MetaPWR Deep Dive

January 26: Extending Your Life Span with Nutrition

February 2: Healthy, Happy Hormones

February 9: “I Wish…”

February 16: - Do You See What EYE See?

February 23: Essential Oils & Brain Health