

women's  
Summer Health Reset  
Body | Mind | Soul Giveaway  
August 1 - 20, 2021



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 Week 1: Aug 1-7 - BODY - Movement & Food

**Sunday, August 1 at 12 pm ET: KICK-OFF! The Power of Anti-inflammatory Eating, Cooking & Living w. Annika Ek Functional Nutritionist & Wisdom Coach. How & Why We Need To Stretch w. Karen Willsey, Founder of WeStretch. Join Challenge!**

**Monday, August 2 at 4 pm ET: Master Your Morning with Yoga & Beyond with Megan Nolan, Vitality Coach**

**Tuesday, August 3 at 3 pm ET: Practical Tips for a Pain-Free Life with Paula James, Movement Specialist**

**Wednesday, August 4 at 12 pm ET: How to Have a Happier & Healthier Gut with Andrea Hayley-Sankaran, Ayurvedic Chef & Digestive Health Coach**

**Thursday, August 5 at 3 pm ET: Why The Intermittent Fasting & Essential Oils Lifestyle Is The Perfect Fit Midlife Women with Jill Lebofsky, Midlife Mojo Master**

**Friday, August 6 at 11 am ET: How To Feel Your Best Over 40 with Exercise with Amy Tsai, Health & Fitness Expert for Women Over 40**

Access interviews by joining private facebook group at  
<https://www.facebook.com/groups/TrulyUHealthWisdom>

**Access All Interviews Live (or recordings) In Community  
With Other Women Doing The Health Reset With You!  
Join for Group Challenge, Prizes, Fun & More at:  
[www.facebook.com/groups/TrulyUHealthWisdom](https://www.facebook.com/groups/TrulyUHealthWisdom)**

*All interview recordings will be available until midnight PT August 20<sup>th</sup>, 2021*



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## Week 2: Aug 8-14 - MIND - Brain Health & Resilience

**Monday, August 9 at 2 pm ET:** Aligning the Voices Within with Heather Dempsey, Emotional Wellness Coach & Complex Trauma Recovery Mentor

**Tuesday, August 10 at 2 pm ET:** Music, Memory, and Your Mind with Kate Kunkel, Brain Health Coach

**Wednesday, August 11 at 12 pm ET:** How To Live Life To Its Fullest Potential with Anna Pugačova, Creative Consultant & Author

**Thursday, August 12 at 3 pm ET:** Why Affirmations Fall Short of Expectations & How To Get Better Results with Ell Graniel, TrueSpeak Founder & Trainer

**Friday, August 13 at 11 am ET:** How To Get Emotional Freedom In No Time with Joanna Armstrong, EFT-Practitioner

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## Week 3: Aug 15-20 - SOUL - Wisdom & Vibration

**Monday, August 16 at 3 pm ET:** Open to Dolphin Joy and Whale Wisdom with Anne Gordon, Whale Whisperer & Dolphin Energy Healer

**Tuesday, August 17 at 3 pm ET:** The Importance of Vibrational Frequency & How To Tell What Frequency You Are On with Tammy Braswell, The Vibrational Goddess

**Wednesday, August 18 at 11 am ET:** Conscious Togetherness with Zsa Zsa Tudos, Philosopher, Author & Educator

**Thursday, August 19 at 3 pm ET:** The Power of Frequency Healing with Dr. Beverly Lawrence, Spiritual & Metaphysical Teacher and Holistic Health Care Practitioner

**Friday, August 20 at 12 pm ET:** **FINALE!** How Health & Wisdom Set the Stage for Meaningful Impact for Women 40+ with Annika Ek, Functional Nutritionist & Wisdom Coach. Followed by Giveaway Finale w. Karen Willsey, funder of WeStretch for Announcement of Challenge Winners, Prizes & More! Join Us Live!!

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